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Fitness Initiative Launches Design Contest for Students

Austin, Texas— Today Texas Round-Up announces its statewide t-shirt design contest. Now in its 3rd year, the contest encourages students to design a fitness-inspired concept to be used on the official t-shirt for the Texas Round-Up Family Mile, held in Austin. Thousands will see the t-shirt at the 5th annual Texas Round-Up 10K race and fitness festival on April 26, 2008. The contest is open to school-aged children across Texas.

The prevalence of overweight children in Texas in 2004-2005 was greater than the U.S. rates reported for 2003-2004. Additionally, the Texas Department of State Health Services' Statewide Obesity Task Force reported that an overweight 12-year-old child has a 75 percent chance of being overweight as an adult.

"We are all working to combat this trend of poor nutrition and obesity-related health issues affecting Texas children, and one of the ways our state is making a difference is through the Texas Round-Up," said First Lady Anita Perry. Texas Round-Up is a statewide health and fitness initiative striving to educate and motivate Texans to become active and more health-conscious. Because healthy habits are best learned early in life, Texas Round-Up is reaching out to children. "The t-shirt design competition is an opportunity for students and parents to talk about the importance of health and fitness," said Perry.

The U.S. Surgeon General reported that 70 percent of overweight children will become overweight or obese adults. "For the health of our children and the future health of our State, we want to focus on preventing obesity and giving children the tools they need to be healthy and successful," said Meredith Garcia, executive director of Texas Round-Up. "By reminding students about health and fitness, even through art, we can educate them about the role health plays in their future."

Entries for the t-shirt design contest will be accepted through Dec. 31, 2007. The winning artist, and his or her parents or guardians will be invited to attend the Texas Round-Up race weekend events on April 25-26, 2008. Participation in the Texas Round-Up race events is encouraged, but not required, to submit a design entry. Complete details are available at www.texasroundup.org.

In 2004, Governor Rick Perry launched the Texas Round-Up statewide fitness initiative and 10K race to motivate and encourage Texans to become more active and incorporate healthy choices into their daily lives. More than three years later the Texas Round-Up is an independent not-for-profit organization working to improve the health of Texas through education and promotion of physical activity and healthy living.

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