



JUNIOR LEAGUE OF ARLINGTON

Women building better communities

FOR IMMEDIATE RELEASE

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JUNIOR LEAGUE OF ARLINGTON JOINS THE BOYS AND GIRLS CLUB OF ARLINGTON TO FIGHT CHILDHOOD OBESITY WITH *KIDS IN THE KITCHEN* PROJECT, MARCH 27

Arlington, Texas (February 12, 2008) – With the goal of raising awareness and helping to reverse the growth of childhood obesity and its associated health issues, the Junior League of Arlington will hold its second *Kids in the Kitchen* project at the Southeast Branch of the Boys and Girls Club of Arlington on March 27.

Approximately 200 children in the after school program will rotate between two hands-on educational stations. The first station will be the fitness station and will include fun physical activities aimed at



encouraging exercise. The participants will then rotate to the informational station that will include a brief talk on nutrition and the food pyramid which ties in to a nutrition skit that will test the kids' nutrition know-how. Each participant will receive a goodie bag that will include such great items as healthy snacks and recipe cards they can use to practice healthy eating at home.

JLA believes that education is the first step to addressing the urgent issues surrounding childhood obesity. The *Kids in the Kitchen* (www.kidsinthekitchen.ajli.org) initiative builds upon the Junior League legacy of helping children with nutrition issues, which has been one of the focuses of Junior League volunteers across the nation since the Association of Junior Leagues International was founded in 1901.

About the Junior League of Arlington

The Junior League of Arlington (JLA) is an organization of women committed to promoting voluntarism, developing the potential of women and to improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Since 1982 the JLA has supported and promoted efforts, programs, services and opportunities for women's and children's issues in Arlington, Texas. For more information, visit www.jlarlington.org.

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