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**JUNIOR LEAGUE OF ARLINGTON TEAMS UP
WITH THE BOYS AND GIRLS CLUB TO FIGHT CHILDHOOD OBESITY
WITH FIRST KIDS IN THE KITCHEN PROJECT, MARCH 20 AND 21**

(Arlington, Texas) - Just in time for March Nutrition Month, the Junior League of Arlington will host nutritional interactive sessions and demonstrations at two area Boys and Girls Club facilities between 5:00 p.m. and 7:00 p.m.

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 an upbeat dance demonstration and instruction to encourage 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 bottled water, healthy snacks, a Chick-Fil-A fast food menu with nutritional information, a coupon for Chick-Fil-A on S. Cooper Street, and a healthy recipe card they can use to practice healthy eating at home. They will also take home a jump rope to encourage exercise.



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 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 improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. This year JLA celebrates its 25th anniversary of supporting and promoting efforts, programs, services and opportunities for women's and children's issues in Arlington, Texas. For more information visit us on the web at www.jlarlington.org.

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