

WALK TO SCHOOL DAY

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Prather Brown will celebrate their Walk to School Day on Friday, May 1.

The event will begin at 7:30 a.m. with kids, parents and community leaders walking from the Methodist Church parking lot.

Walk to School Day events raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. The events build connections between families, schools and the broader community.

The event is being organized by Tillman County Youth & Community Coalition and The Red River Tobacco Education Consortium.

Approximately one-third of Oklahomans are obese, with nearly two-thirds of Oklahomans classifying as obese or overweight. The state consistently ranks low for fruit and vegetable consumption and physical activity, which contributes to the high percentage of obesity in the state. For more information on state-level statistics, see the Get Fit Eat Right OK physical activity and nutrition plan.

Regular physical activity decreases the risk of cardiovascular disease, cancer, obesity, arthritis, type 2 diabetes, osteoporosis, and improves quality of life and mental health. Eating a balanced diet also decreases the risk of disease and helps maintain a healthy weight.

The Center for the Advancement of Wellness works to reduce obesity in Oklahoma through systems-level change efforts related to workplaces, schools and communities.

For additional local information, please contact April Collom at 580-335-2163 or Sharon Bennett at 580-305-2289.

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