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## **Students Celebrate the GoodLife**

**London, ON** – St. Robert Catholic Elementary School is helping researchers find better ways to prevent childhood obesity by promoting healthy living. **On Thursday, November 17, Olympic Champion, Silken Laumann** will join students to celebrate their participation in the 'NSTEP Eat Walk Live with Nutrition Ignition Program – made possible by a \$60,000 grant from the GoodLife Kids Foundation (GLKF) through the Children's Health Foundation.

*“GoodLife Kids Foundation (GLKF) is committed to changing the future health of today's kids through physical activity and healthy eating habits,” said GoodLife Kids Champion and 3-time Olympic Medalist, Silken Laumann. “The GLKF chose to support the NSTEP Eat Walk Live with Nutrition Ignition Program because we recognize its vast potential to provide education and insight in helping to promote regular physical activity and healthy eating habits in the school community.”*

The program is led by principal investigator Dr. Danielle Battram of Brescia University College “Our hope is that the 'NSTEP Eat Walk Live with Nutrition Ignition program will further help students to be healthier by participating in fun physical activities and enjoying healthy eating,” says Battram.

Students from grades one to eight receive lessons from undergraduate students in kinesiology and nutrition that compliments the existing school curriculum around health. Lessons learned are reinforced by activities such as: snack challenges, physical activities; fitness hour, “turn off the screens week”. Newsletters, a health fair and a family take home challenge also help to involve parents and families.

**Media are invited to attend the 'NSTEP Eat Walk Live with Nutrition Ignition Program celebration.**

**DATE:** Thursday, November 17, 2011

**TIME:** 11:00am – 11:50am (light lunch will be provided)

**LOCATION:** St. Robert Catholic School  
1958 Duluth Crescent  
London, Ontario

### **PHOTO OPPORTUNITIES**

Silken Laumann, members of GoodLife Kids Foundation, Children's Health Foundation and London District Catholic School Board



### **About GoodLife Kids Foundation**

GoodLife Kids Foundation is a private Canadian Foundation that envisions a Canada where all kids have the opportunity to benefit from an active life. GLKF is a grant giving organization that supports programs that encourage and inspire kids to get active and healthy in local communities across Canada. Additionally, GLKF is actively involved in health promotion by inspiring parents, mentors, teachers, coaches and volunteers to play an active role in our children's health and well-being. In 2010, the GLKF gave over 25 grants to essential programs to help children live an active lifestyle across Canada.

***Together, we can create a healthy future for Canadian Kids.***

visit [www.GoodLifekids.com](http://www.GoodLifekids.com)

### **About Children's Health Foundation**

Children's Health Foundation is a non-profit organization that has been raising money and granting funds to children's health care and research for over 80 years. As the primary fundraising organization for Children's Hospital at London Health Sciences Centre and the Children's Health Research Institute, Children's Health Foundation funding provides health and hope to sick and injured children. Funds raised support specialized health care programs, purchase lifesaving medical equipment, provide education and fund leading-edge research in child health. To learn more, go to [www.childhealth.ca](http://www.childhealth.ca).

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