

## Walker County Public School System to Integrate Pioneering App Promoting Good Nutrition and Fitness

Walker County schools in Jasper announced it will integrate the groundbreaking "Kids Making Healthy Choices" app, based on the award-winning illustrated children's book "Making Healthy Choices--A Story to Inspire Fit, Weight-Wise Kids," into its iPad-enabled health and physical education curriculum at Bankhead Middle School in Cordova. The app is an effort to educate, motivate and empower students to get and stay on a healthy track through good nutrition and physical fitness.

The app, designed for both iPad® and iPhone®, serves to inform and inspire kids to make wise lifestyle choices and also better understand and empathize with peers currently struggling with a weight problem, which can lessen the all-too-common incidence of bullying in schools and elsewhere.

"It's been reported that Alabama has the eighth highest childhood obesity rate in the United States, with 35 percent of Alabama's youth currently overweight or obese," says Jason Adkins, Walker County superintendent. "Walker County residents rank 66th out of 67 Alabama counties in regard to their health and well-being. As educators and residents of this community concerned about the well-being of our nation's youth, it behooves individual schools and systems/districts at large in Alabama and beyond to capitalize on salient opportunities to promote good nutrition and fitness when they present."

The app includes a bevy of valuable kids' edu-tainment and educator/caregiver support resources that promote a healthy youth lifestyle. In total, the app features six distinct value-added sections – the complete digital e-book adaptation of "Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids" with story-discussion prompts that families can use; fun activities, healthy kid-friendly recipes, free online tools and resources, and research, information and news.

For more information on the app and the online book, see [www.KidsMakingHealthyChoices.com/theapp.html](http://www.KidsMakingHealthyChoices.com/theapp.html).

