



Presented by



Including a Special Celebration Hosted by the Dallas Mayor's Youth Fitness Initiative



When:
Saturday, April 28, 2012
Noon - 4 p.m.

Where:
Market Hall
Dallas, Texas 75207

Parking /Admission:
Free

Information:

www.getkidzfit.org

Event Information,
Sponsorship Opportunities
& Booths:
wmsinger@aol.com
or call 972-943-4690

Volunteers:
mself@ccgd.org or 214-954-4212

Get Kidz Fit ... because *"We must immunize children against obesity early on to give them a chance to start out right. The good news is that we can incorporate activity and healthy eating into children's lives at any age at any time and make a difference."*

Kenneth H. Cooper, M.D., M.P.H.
Founder and Chairman, Cooper Aerobics Center

What is Get Kidz Fit?

A free, fun-filled extravaganza, now in its fifth year, presented by the Dallas Area Coalition to Prevent Childhood Obesity (DACPCO) designed to educate children and their families on wellness and nutrition while engaging them in a range of healthy lifestyle activities.

Attendees learn about nutrition and exercise through healthy cooking demonstrations and sporting activities that include:

Rock-climbing	Obstacle Course	Basketball	Golf
Tennis	Rowing	Jump Roping	Cycling
Volleyball	Soccer	Aerobics/Zumba	and more

At booths, stages and Fitstops, a diverse group of volunteers and sponsors provide hands-on opportunities for kids to learn by doing, experiencing simple and fun ways that families can incorporate physical activity and nutritious eating into day-to-day life.

What's New in 2012?

More fitness and fun is in the works for our 2012 event, including a special celebration hosted by the Mayor's Youth Fitness Initiative (MyFi). Led by Dallas Mayor Mike Rawlings, MyFi is a new organization aimed at fighting childhood obesity. In honor of its first year, MyFi is bringing a dance party, games, giveaways and more to Get Kidz Fit Fest 2012.

Why Get Kidz Fit?

- Childhood obesity in the U.S. and North Texas is of great concern. An overweight adolescent has a 70 percent chance of becoming an overweight or obese adult. Weight-related diabetes has increased dramatically. It is estimated that one-third of all children born in the year 2000 will develop Type 2 diabetes in their lifetime.
- Dallas students are at greater risk of overweight and obesity than U.S. students.
 - In 2009, 36 percent of Dallas high-school students were overweight or obese compared to 28 percent of U.S. students.
 - A physical fitness assessment of Texas students showed that only 20 percent of Dallas ISD third grade students reached the "Healthy Fitness Zone" on all six tests of the FITNESSGRAM® compared to 30 percent of Texas students.
- Parents asked for the information. At a previous town hall meeting attended by 600 North Texas residents, parents said they needed family education on nutrition as well as safe, organized and affordable physical activities for their kids.
- It's a successful collaboration where more than 300 community volunteers come together to positively impact the obesity epidemic.
- The event's impact is lasting because families learn and practice ways to make healthy foods and active lifestyles part of their children's lives each day.
- It's a proven success: In the previous four years, the event has drawn 20,000 children and families from cities in six counties. Nearly 100 percent of youth participants surveyed wanted to attend Get Kidz Fit again and most planned to continue exercising on a regular basis.

DACPCO is made up of more than 140 organizations (375+ individuals) representing health and human service providers, business, government, schools, civic and service organizations, and faith-based groups. In 2005, the coalition was co-founded by the Community Council of Greater Dallas and the Advocacy Department of Children's Medical Center, building on their 10-year history of collaborative initiatives.