



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE
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Champaign-Urbana Public Health District Helps the Students of Carrie Busey Elementary School “CATCH” the Spirit of Good Health

Sustainable Events Promote Active Living

Champaign, IL – Carrie Busey Elementary School has partnered with the Champaign-Urbana Public Health District (CUPHD) to implement a Coordinated Approach To Child Health (CATCH). CATCH is a multi-component initiative that promotes healthy behaviors in students and gives them the opportunity to practice them. CATCH emphasizes the need for a healthy lifestyle to improve both living and learning. CATCH has four core components – nutrition, physical activity, health education and family/community involvement. This is Carrie Busey’s fourth year implementing CATCH.

Each year, CATCH schools offer a family event to reinforce the CATCH philosophy. On Saturday, September 22, 2012 from 8:30-9:30 AM, Carrie Busey Elementary School will be kicking off this year with a CATCH celebration including a family 3K walk/run. The CATCH celebration will encourage the students and families at Carrie Busey to engage in physical activity by making physical activity FUN! Families will be able to participate in a variety of activities including yoga and Zumba®. The CATCH celebration is open to the community.

“CATCH is a fun, well-rounded effort that affords students the ability to excel through a series of consistent messages from a variety of sources,” said Nikki Hillier, Program Coordinator of Health Promotions for CUPHD. “CATCH builds an alliance of children, parents, faculty, staff and community members to teach and model skills and behaviors associated with maintaining healthy lifestyles.”

For more information about CUPHD's programs and services, visit us on the web at www.c-uphd.org.

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