



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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“CATCH” the Spirit of Good Health

Champaign-Urbana Public Health District Helps the Students of Carrie Busey Elementary School

Champaign, IL – Carrie Busey Elementary School has partnered with the Champaign-Urbana Public Health District (CUPHD) to implement the Coordinated Approach To Child Health (CATCH) Program. The CATCH Program is a multi-component program that promotes positive healthy behaviors in students and emphasizes the need for a healthy lifestyle to improve both living and learning. CATCH has three core components – nutrition, physical activity, and health education. This is Carrie Busey’s second year implementing the program.

Each year, CATCH schools offer a family event to reinforce the CATCH philosophy. On Saturday, September 25, 2010 from 9:00-10:30am, Carrie Busey Elementary School will be kicking off this year’s CATCH program 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, Zumba, and active video games. The CATCH celebration is open to the community and will take place at Carrie Busey, 1605 West Kirby in Champaign.

“CATCH is a fun, well-rounded program 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 skills and behaviors associated with maintaining healthy lifestyles.”

For more information about CUPHD's programs and services, visit www.c-uphd.org.

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