**C.H.O.I.C.E.S.’ 8TH ANNUAL CHILDREN'S NUTRITION EDUCATION**

**& PHYSICAL ACTIVITY EXPO**

*Expo open to the public for families to enjoy Fitness for the “Fun” of it!*

**Atlanta – For Release March 13, 2013**

Join us Saturday, March 16, 2013, as the Center Helping Obesity In Children End Successfully, Inc., (C.H.O.I.C.E.S) and its partners will present ***Let’s Move! Atlanta*; *The* *8th Annual Children’s Nutrition Education & Physical Activity Expo***to promote healthy behaviors and lifestyle changes for youth in the Atlanta metropolitan area. The event, which is free and open to the public, will be held at the Adamsville Recreation Center, this Saturday 10:00 a.m.- 3:00 p.m., located at 3201 Martin Luther King Jr. Drive, Atlanta, Georgia. This year's theme is "Fitness for the Fun of It!"  Plan to wear your sneakers so that you can get moving!

C.H.O.I.C.E.S. is engaging Atlanta Public School Students and their Student Wellness Ambassador teams from over nine APS schools and challenging them to help grow the “Let’s Move Atlanta” movement, inspired by First Lady Michelle Obama. During the event, attendees will participate in nutrition learning labs, fitness activities and vendor exhibits from local sponsors, Atlanta professional sports teams, and others. Special guests are also planned to engage participants with health conscious messages. Over 300 Atlanta Public School students along with over 400 children and families from the community are expected to attend.

This year’s event will be a guided learning experience ensuring that all students gain access to every nutrition exhibit and fitness activity. All expo attendees will complete a pre and post survey to determine what was learned at the day’s exhibits. Students will be given the opportunity to earn tokens at nutrition learning labs which can be redeemed for fun physical activities and prizes. The ultimate goal is that every participant will have an increased awareness of the importance of good nutrition and physical activity.

**The 2013 Expo Highlights Include:**

* The “Are you drinking enough water every day?” C.H.O.I.C.E.S campaign to address water intake for children and adults to support a healthy body.
* The Tastes of C.H.O.I.C.E.S. exhibit, which will feature an assortment of foods samples containing seasonings from local gardens, will give participants the opportunity to try the natural tastes of seasonings.
* A guest speakers program, emceed by Wellness Coach Noni Walker--featuring Atlanta Councilman CT Martin and Dr. Patricia Harris, Director of Health Services for Fulton County-- will begin at 11:00 am.
* The C.H.O.I.C.E.S. team-based fitness obstacle course competition -- Student Wellness Ambassadors from each Atlanta Public School will have the opportunity to compete against Wellness Ambassadors from other schools. The course will also be available for other children to participate.

Thank you to the Expo’s presenting sponsor, the Aetna Foundation. C.H.O.I.C.E.S. would also like to thank the following sponsors for their participation at the event: Atlanta Public Schools, City of Atlanta , Sodexo in partnership with Jackmont Hospitality, Cooking Matters, Coca Cola Foundation, the Atlanta Braves, Fulton County Department of Health, WE Can!, and Community Voices at Morehouse School of Medicine.

For more information on C.H.O.I.C.E.S., please follow us on Twitter @Choices4Kids, or log onto our website at: [www.choicesforkids.org](http://www.choicesforkids.org).

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