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**MASSACHUSETTS CHILDREN GET FIT AND EARN GRANTS FOR THEIR SCHOOL**

Bay State Games Unveils Winners of Spring 2010 Kids Fitness Challenge

WOBURN, MA – The Massachusetts Amateur Sports Foundation announced today the winners of the spring 2010 Kids Fitness Challenge. The four schools chosen were Bourne Middle School (Bourne, MA), Nathan Hale Elementary School (Roxbury, MA), Salem Academy Charter School (Salem, MA) and Westminster Elementary School (Westminster, MA). Each school will be awarded a \$500 grant to be used towards supporting the institution's health and physical education programs.

Sandy Mitchell Woods, principal of the Nathan Hale School, spoke on behalf of her school about its success with the Kids Fitness Challenge.

"This was our first time participating in the Kids Fitness Challenge," Hale explained. "The experience was absolutely amazing; having the entire school, inclusive of parents and community, actively involved in physical activity. We are already planning for next year. The Kids Fitness Challenge is absolutely inspirational."

The Kids Fitness Challenge, presented by the Bay State Games with contributing funds from the Boston Bruins Foundation, is a free, bi-annual program designed to motivate elementary and middle school children to participate in physical activity, as well as to educate them on the benefits of a healthy lifestyle and to foster a sense of school spirit. In addition to these goals, \$4,000 in cash grants is distributed annually to selected participating schools.

This spring's edition of the Kids Fitness Challenge, held June 1-4, was the most successful to date, with over 24,000 participants from 70 schools across Massachusetts. This makes for a grand total of more than 46,000 children who took part in the Kids Fitness Challenge for the 2009-10 academic year.

The Bay State Games will hold the next Kids Fitness Challenge in November. To receive more information, visit [baystategames.org](http://baystategames.org), call Peter Cohenno at (781) 932-6555 or e-mail [peter@baystategames.org](mailto:peter@baystategames.org).

**About the Massachusetts Amateur Sports Foundation**

*The Massachusetts Amateur Sports Foundation is a 501(c)(3) non-profit organization that was established in 1982 to host the first sanctioned state games of the commonwealth. It operates with the mission of promoting personal development, education, physical fitness, teamwork, and sportsmanship to Massachusetts citizens of all ages and abilities. The Foundation is recognized nationwide for holding high-quality, Olympic-style events through the Bay State Summer and Winter Games, as well as educational programs including the Kids Fitness Challenge, High School Spirit Program and Verizon Future Leaders Scholarship. With more than 30,000 people from 300 cities and towns directly participating in its programs each year, the Foundation is an integral part of the lives of citizens across the commonwealth.*

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