



FOR IMMEDIATE RELEASE

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Light of Chance, Inc Presents : Get Set Go Wellness Program

BOWLING GREEN, KY (May 12, 19, 26, and June 2, 2010) Light of Chance, Incorporated is partnering with Western Kentucky University's nationally-recognized track & field team and head coach Erik A. Jenkins, to present the *Get Set Go Wellness Program*, sponsored by Aramark, AT&T, Pip Printing, and Insight Communications. *Get Set Go* is a free and open event that will take place at WKU's Track and Field Complex on Wednesdays, May 12th through June 2nd.

With a goal to reduce and prevent childhood obesity in Warren County, *Get Set Go* seeks to help those at risk through education on proper nutrition, physical activity and fun. The program is divided into three parts. Each week will kickoff with activities centered on track & field, while Registered Dietitian, Bonnie Holt Logsdon, will share information about proper nutrition and eating habits. Before leaving, participants will enjoy a healthy and delicious snack.

According to a 2007 report by the Center of Disease Control and Prevention, Kentucky has the third highest rate of overweight youth in the nation. Another report by Barren River District Health Department in May 2009 stated that 24.3% (almost ¼) of sixth graders in Warren County were overweight and the remaining 43% were at risk of becoming obese. *Get Set Go* aims to combat these statistics.

Get Set Go seeks to develop a "can do" attitude within youth, ages to 5 to 13, towards physical activity and nutrition, to show them that a healthier lifestyle can be fun and rewarding. The program provides youth with a nice contrast to fast food, excessive internet usage and the latest video game systems.

Get Set Go will be held from 4 p.m. to 7:30 p.m. on May 12th and June 2nd, and from 5:30 p.m. to 7:30 p.m. on May 19th and 26th.

For more information or to schedule an interview, contact Eric Logan at (270-339-0717), (270-904-0136) or via email at eric.logan@lightofchance.org. Visit the official website for Light of Chance, Inc at www.lightofchance.org.

Racing toward a healthier tomorrow....on your mark, get set....GO!!!!!!

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