



FOR IMMEDIATE RELEASE

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Students Get Fit with Healthy Lifestyle Choices and New Orleans Saints

Healthy Lifestyle Choices Sponsors Saints Junior Training Camp for Students in Greater New Orleans

WHO: Healthy Lifestyle Choices (HLC), the New Orleans Saints and students in Greater New Orleans

WHAT: HLC Day at the New Orleans Saints Junior Training Camp begins with an introduction in which group leaders discuss participation rules, goal setting, personal experience and “Saints Trivia” activities. Students will then be divided into groups that rotate through five non-contact stations developed with football and fun in mind. These stations will utilize the same training equipment the Saints use.

WHEN: **Thursday, May 5, 2011**
9 AM – 11:30 AM

Students from the following schools will participate:

- Dr. Martin Luther King Junior Elementary School for Science and Technology
- A. P. Tureaud Elementary School
- Dibert Elementary School
- Lake Forest Elementary Charter School
- Fannie C. Williams Elementary School

Wednesday, May 18, 2011
9:30 AM – 12:00 PM

Students from the following schools will participate:

- Woodmere Elementary School
- Hazel Park Elementary School
- Harriet Ross Tubman Charter School
- Esperanza Charter School

WHERE: **New Orleans Saints Training Camp**
5800 Airline Drive
Metairie, LA 70003

WHY: The above participating schools all implement HLC’s Behavioral-Health curriculum as part of their health and physical education program. As part of a 10-week service-learning program, Xavier University pharmacy students were placed in classrooms to teach 4th and 5th grade students nutrition and fitness lessons from the HLC curriculum.

The New Orleans Saints Junior Training Camp emphasizes the importance of personal health and fitness and is the culmination of the HLC and Xavier service-learning project.

For more information about Healthy Lifestyle Choices or how to incorporate its programs into your school or organization, please visit www.hlconline.org or contact Delery Rice at 504.299.1966 or drice@hlconline.org.

*Healthy Lifestyle Choices (HLC), **CELEBRATING 10 YEARS**, empowers children with the knowledge and lifelong skills to make healthier choices in the areas of nutrition, fitness, safety, conflict resolution and violence prevention, and substance abuse prevention. HLC employs a specifically designed school-based curriculum for children in pre-Kindergarten through grade 8 to provide them with the skills to combat obesity, violence, intentional/unintentional injury and substance abuse-- the leading causes of death and disability among youth and adults, and to make healthy choices before adolescence when most of these behaviors begin. HLC programs currently reach more than 200,000 children in 44 Louisiana parishes and 40 states.*

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