



Young-5s students get some exercise by "skating" around their classroom.
Photo provided

Exercise every day at preschool

Students at a School for the Mind and Body in Clarkston take seriously national calls for more exercise.

Each day includes an exercise unit relating to the school's concept of the week, and once a month students work with exercise and fitness expert Jacklyn Rzepecki.

Additionally, the school's Fit Families program encourages healthy lifestyles at home as well as school.

President Barack Obama established a federal task force to combat childhood obesity, and First Lady Michelle Obama intro-

duced the "Let's Move" campaign, urging parents to improve their children's eating and exercise patterns.

"The time to reach children about the importance of healthy living is at their earliest stages of development, when they are in preschool," said Nanci Canine, founder and director of the school.

"The earlier we teach children to eat and exercise properly, the sooner we'll see a decline in those frightening childhood obesity statistics."

For more information, call 248-814-7100.