

# In Top Form!

"He who has health has hope, and he who has hope has everything." -Arabian Proverb

## National Physical Fitness and MORE!

### "NATIONAL PRESIDENT'S CHALLENGE: BE ACTIVE YOUR WAY IN MAY!"



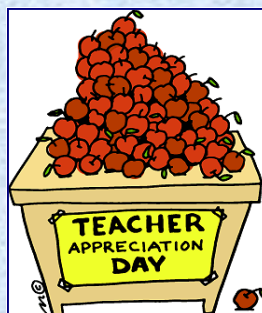
The program will be held from **May 1 through July 24**, and individuals can begin registration from **May 1 to May 29**. When you've completed the six week program, you can download a free certificate or purchase pins, T-shirts, sport packs, medals and more – available at the President's Challenge order center.

For more information about the 2009 National President's Challenge, please read the 2009 Fact Sheet at <http://www.presidentschallenge.org>



Almost one out of five teens at some point in their high school career may struggle with a mental health problem such as depression or anxiety. For some, these problems can clear up without help. But for others, the problems may get worse, leading to poor performance at school and a feeling of isolation from friends and family. A mental health checkup can help you learn if you may be suffering from a serious mental health problem and how to work with your parents to get help. For more info. go to <http://www.teenscreen.org/teens>

Tennessee Crossroads did a feature on the Hunters Bend "Hot Shots" jump rope team which will air on Nashville Public Television in May 14<sup>th</sup> at 7pm and on the 17<sup>th</sup> at 10am. NPT followed the team traveling to various schools in Middle Tennessee as they promoted staying healthy and active through rope skipping.



May 5th, 2009

Child Nutrition Employee  
Appreciation Week  
May 4-8, 2009



Each May millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity to show the world that they do not fit into that negative stereotype of being "physically unfit".



The **21st annual global event** will occur at **10 AM local time, Wednesday, May 6, 2009**. It is celebrated during May which is **National Physical Fitness & Sports month**.

For more information visit <http://www.lensaunders.com/aces/index.html>



### WILLIAMSON COUNTY PARKS & RECREATION

## Summer Camp 2009

7 Week Program

June 1st to July 17th

For details call 790-5719 X 38 or [www.wcparksandrec.com](http://www.wcparksandrec.com)



The 12th annual Food Allergy Awareness Week (FAAW) is

May 10-16, 2009. This year help those with food allergies

**"Take Action, Prevent Reactions."**

<http://www.foodallergy.org/FAAW/index.html>