

# NEWS

*From the County of San Bernardino*

## **Josie Gonzales Fifth District**

<http://www.sbcounty.gov/gonzales>

OCTOBER 21, 2009



**JGFDS-PR-235 SUPERVISOR PROMOTES FITNESS, GOVERNOR'S CHALLENGE  
FOR MORE INFORMATION CONTACT  
BOB PAGE AT (909) 387-4565**

### ***FOR IMMEDIATE RELEASE***

#### **SUPERVISOR URGES STUDENTS TO ACCEPT GOVERNOR'S FITNESS CHALLENGE**

**SAN BERNARDINO** – Students, teachers and parents living in the County's 5<sup>th</sup> District will soon learn that getting active and staying fit pays in many ways.

With the 2010 Governor's Challenge Competition underway San Bernardino County 5<sup>th</sup> District Supervisor Josie Gonzales wants the schools in her district to sign up and get moving. As an incentive to her challenge she will award the top five participating schools in her district that meet the Governor's Challenge \$12,000 for new physical activity equipment.

Governor Arnold Schwarzenegger began the Challenge in 2006 to motivate children to become more physically active. The statewide competition has now broadened to include teachers and parents. Completing the challenge requires participants to be active 30-60 minutes a day at least 3 days a week for a month.

"Participating in the Governor's Challenge has been a great way for San Bernardino County to partner with the State to promote an all around balanced approach to healthy lifestyles that include regular exercise, eating nutritious foods, and getting plenty of rest," said Supervisor Gonzales.

"The multiple benefits are what the Challenge is all about. Children will excel in school and adults will perform better at work. Self-esteem will increase as sick days and doctor visits decrease. We are up to the challenge of combining exercise with improved GPAs and that's why I have put up the \$12,000. I look forward to visiting five great schools with a big check in hand," she added.

The state's grand prize winning elementary, middle and high schools each will win brand new fitness activity centers valued at \$100,000. Regional winners will receive \$5,000. As the program has grown more prizes and incentives have been added, including 30-day gym passes for students, parents and teachers who participate.

-more-

Supervisor Gonzales will award the top performing schools, according to their ranking in the Governor's Challenge.

The school with the highest percent of student completions and/or the highest number of active days will receive \$5,000 to purchase physical activity equipment. The second place school will get \$3,000. The third ranked school will receive \$2,000 and the fourth and fifth rank schools will be awarded \$1,000 each.

"We need to offset the alarming rise in obesity and type 2 diabetes among our children. I am proud that Supervisor Paul Biane is also encouraging the schools within his district to accept the Governor's Challenge" said Supervisor Gonzales.

"By working hard, our two districts combined with the great support we get from our schools, I am confident that San Bernardino County can be the 2010 Governor's Challenge Competition's County of the Year," she added.

For full details on how to participate in the Governor's Challenge Competition and to sign up, visit [www.calgovcouncil.org](http://www.calgovcouncil.org). You can also call Supervisor Gonzales' office at (909) 387-4565 to receive full color posters and brochures on the Challenge.

*The Fifth District includes the unincorporated areas of Bloomington, Muscoy, North Norton, El Rancho Verde, and Arrowhead Farms, the City of Rialto, major portions of the cities of Colton and San Bernardino, and the eastern portion of the City of Fontana.*

-end-