

"It begins with me!" was the theme of the first health fairs held for students at both Clearwater and Bearstown Elementary schools on Feb. 28th. The theme "fit" the purpose of the fairs, which was to educate students about the importance of the role they play in their own fitness. Both fairs were a combined effort of the Any County Health Department, Any Little Hospital, and the I. B. Smart Schools staff through a grant from the Healthy Community Outreach Program.

Mary Brown, principal at both schools, said the health fairs were "a fun way to learn the fundamentals of good health," and "implement the goal of the Wellness Committee which is to increase understanding that exercise and good eating habits lead to a healthy lifestyle." I. B. Smart School District nurse and healthcare advocate **Gaylynn Mark** said she was "delighted to see both health fairs come to fruition. "

Students rotated through stations set up throughout each school where they learned about everything from food and exercise choices to routine healthcare checkups. **Samantha True**, RN, Community Health Educator for the Any County Health Department, had hands-on replicas of five pounds of body fat and muscle to help students get a picture of how their food and activity choices affect what goes on under their skin. Cooks, **Ruby Miles** and **Donita Shole** of Clearwater, and **Sydney Kuhlman** and **Kandy Beth** of Bearstown, gave presentations at their schools on healthy and delicious food choices. **Marks** and **Jean Black**, from Any Little Hospital, measured the weight and height of all the students.

JD Young of the Any Little Hospital Community Outreach Program got the students' attention using a black light to show where they missed "germs" after washing a special powder off their hands. **Victoria Worley**, Clearwater PTO president, engaged students at both schools in an interactive video game that requires standing and moving rather than the traditional sedentary play.

In addition to the fun learning, students received handouts; had healthy snacks, such as fruit smoothies, juice, and popcorn; and won T-shirts emphasizing the fair.

Other presenters and volunteers were **Tyesha Poorman** of Any Little Hospital; Bearstown and Clearwater gym teacher, **Henry Wanan**; PTO members, **Dolly Wedder**, **Karen Peir**, and **Robbie Polish**; and **Pastor Clark Kent**.

The Bearstown and Clearwater PTO's, Doogood Engineering, **Mark Firewater** and his Computer Aided Drafting and Design class at I. B. Smart High School should also be commended for their donations of time, money, and materials.