



Valparaiso student wins 3rd place in national video contest on combatting obesity

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A sixth-grade student in Valparaiso has won third place in a national "Recess Rocks" contest for his video on combatting obesity.

Drew Trembly's video featured a song he wrote with two classmates that includes healthy tips such as drinking water; eating healthy, nutrient-rich food; and exercising.

The contest is part of the nationwide "Recess Rocks" childhood obesity prevention campaign launched in September by Community Health Center, a Connecticut-based nonprofit health care provider focused on the uninsured and underinsured.

Students in grades 2-8 could submit two-minute videos featuring a speech, song, dance or commercial that answers two questions: How do you feel about the childhood obesity problem? and What can you do about it? Children could enter individually or as part of a group.

A group of fifth-graders at O'Neill Elementary School won first place in the group category for their video, a news segment about taking on the Healthier Habits Challenge. In their video, students share the habits they and their families changed, including eating more fruits and vegetables, running three times each week and reducing soda intake.

Trembly won a camcorder. The O'Neill students won \$2,500 for their school.

To download the winning videos go to <http://recessrocks.com/results.php>.