



Moon Area School District

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For Immediate Release

Allard Students Join in for Exercise US Day



Allard Elementary students participated on Oct. 1 in the first Exercise US Day organized by The Youth Fitness Coalition to underscore the need for daily, physical activity to the nation's school children.

More than 200 students and staff joined together to walk for 15 minutes at Allard. Designed to motivate children to become physically fit and healthy by making fitness fun, the event provided for 10 hours of continuous exercise across the United States as schools like Allard signed up for 15-minute allotments of exercise. When Allard's 15 minutes were completed, another school somewhere in the nation filled their time slot.