

Greco Middle Gets Fit!

In cooperation with the Children's Fitness Challenge (www.childrensfitnesschallenge.com) and The Rock Foundation (www.djrockfoundation.org), Greco Middle School students are challenging themselves and getting fit. After promoting events in Las Vegas, Atlanta, Pennsylvania, New Jersey, Texas, California, and Florida, The Rock Foundation is bringing the event to Greco Middle.

The program (obstacle course and fitness skills) is designed to build self-esteem as well as bring awareness and combat health issue such as obesity, diabetes and high blood pressure which have reached epidemic status among youth in this country.

The Dwayne Johnson ROCK Foundation creates a platform of hope and possibility for children worldwide by providing programs designed to enrich and empower the lives and self-esteem of children who are hospitalized for medical disabilities, disorders and illnesses. The Rock Foundation also strives to improve the health and self-esteem of children through its physical fitness program; educating children about nutrition and healthy practices towards achieving their fitness goals. We serve a variety of children ranging from infancy to twenty-two years of age. Our goal is to make every child smile.

In addition to the fitness program, The Rock Foundation will be giving an award to the Greco student who writes the best essay about the soon to be released movie (premiers Friday, September 28) Disney's Game Plan. "We believe fitness and education go together. The more energy a student has, the more they will produce in the classroom. We are elated to have Greco involved and want to thank Principal Dr. Judith Kennedy for her support," said CFC director Katie Kornfield. The Rock Foundation Event and Fitness Challenge in Malibu was a huge success. The event brought national exposure to the foundation and the children's challenge. Sponsored by Dwayne and Dany Johnson, the event was supported by Underarmour, the University of Miami, Governor Arnold Schwarzenegger, Maria Shriver, Jessica Biel, Vin Diesel, Mitch Kupchak, John Travolta, Kelly Preston, Michael Clarke Duncan, Sarah Michelle Gellar, Brooke Burke, Marcia Cross along with many other companies and great people.

We will add years to the life as well as life to the years by forming the habit of exercise as well as teaching proper nutrition to our students. We are at almost 100% participation and each student will receive an Underarmour Rock Foundation shirt as well as a certificate signed by The Rock with their recorded times. With the support of local media friends Jackie Callaway, Jenny Holloway, Ian Beckles, Ron Diaz, Roxanne Wilder, Dick Crippen, Russell Rhodes as well as the national media we will spread the word of the Children's Fitness Challenge.