

Depew family feels impact of 'Fun 2B Fit'

After participating in Univera Healthcare's Fun 2B Fit program at Cayuga Heights Elementary School in Depew, Duncan Allan, 8, is living his life in a healthier way. Fun 2B Fit is a healthy lifestyle initiative offered to schools in Western New York and was designed to help kids and their families make healthier food choices and increase their level of physical activity.

As a third-grader, Duncan participated in the workout portion of Fun 2B Fit at his school last year and received a tool kit filled with healthy items as part of the program. Duncan now wears his Fun 2B Fit stopwatch almost everyday and uses his Univera Healthcare backpack to hold his gym clothes.

"It's challenging to have Duncan realize he can't always have fries, chicken fingers and pizza," said his mother, Lori Allan. "The Fun 2B Fit grocery pad reminds us to purchase whole grains and other healthy staple items ... it makes it easy to remember since they're right at the top of the list."

Cayuga Heights Elementary has participated in Fun 2B Fit for three consecutive years, and nearly 700 pupils at the school have participated. More than 100 third-graders participated with Duncan in a physical activity lesson entitled Why it's Fun 2B Fit. The students, led by a Fun 2B Fit fitness instructor, took part in a 30-minute workout developed for kids that incorporates dance moves and stretches. Parents of



Duncan Allan, a pupil at Cayuga Heights Elementary School in Depew, shows off his Fun 2B Fit tool kit, which helps him make healthy choices in terms of diet and exercise.

all participating pupils received a tool kit that contained a magnetic grocery pad for the refrigerator with pre-printed healthy items on each tear-off page, a magnet with everyday tips on how parents can keep their kids healthy, a Healthy Family Pledge to be signed and displayed in the home and the tool kit itself is a sling-style backpack that can be reused as a gym bag or to take on family outings.

For more information, visit www.fun2bfit.univerahealthcare.com.

