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UINTAH BASIN HEALTHCARE

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PRESS RELEASE

UBH PARTNERS WITH CENTENNIAL ELEMENTARY FOR HEALTHY FUNDRAISER MOVE-A-THON GETS KIDS MOVING

October 11, 2019: Uintah Basin Healthcare partnered with Centennial Elementary for a Move-a-Thon, a healthy fundraiser encouraging kids to collect pledges for each 30 minutes of activity completed from September 27th through October 6th.

The school held an assembly today for an awards presentation. UBH provided a bike and helmet for the first-place winner for grades K-5. First place winners were as follows: Nicole Chatwin (Kindergarten), Tyson Huber (1st grade), Rigdon Rhoten (2nd grade), Tuf Jenkins (3rd Grade), Landon Holding (4th grade) and Kenzie Tryon (5th grade).



Winners from grades 1-5 were asked what their favorite part about the fundraiser was, and what advice they might give about staying active:

"My favorite activity was walking. It's good to have exercise and feel better." -Tyson

"I liked to play baseball with my dad. Get some exercise instead of being on electronics... and because it's just so much fun." -Rigdon

"I like to play football. Be active to keep your mind active." -Tuf

"My favorite part was seeing who the winner was and running on the treadmill. Be active to get strong and make your brain strong too." -Landon

"My favorite part was staying active and dancing alot. It's smart to stay healthy." -Kenzie

The PTA provided scooters, fit bits and balls for 2nd and 3rd place winners. In addition, a winner from each class was also recognized.

Uintah Basin Healthcare also offered a 10% monetary match for the school's goal of raising \$10,000 which equaled a donation of an additional \$1,000.

"Developing these partnerships with local schools is important to Uintah Basin Healthcare. As a local, non-profit hospital, we are invested in population health and doing what we can to keep our communities healthy" said Maigen Zobell, UBH Director of Marketing/PR.

Developing an active, healthy lifestyle is easier when started early in life. Physical activity has benefits at every age, and helps kids:

- keep their heart and lungs strong and healthy,
- become more flexible,
- develop strong bones,
- keep a healthy body weight,
- lower the risk of several diseases and health problems,
- improve their mood and self-esteem, and
- do better in school.

It is recommended that school age children engage in physical activity every day including vigorous-intensity activities at least 3 days a week and activities that strengthen muscle and bone at least 3 days a week.

Uintah Basin Healthcare would like to recognize all students at Centennial Elementary who participated in this year's Move-a-Thon. We look forward to seeing you out and active in our communities!

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Uintah Basin Healthcare is a community not-for-profit healthcare system, serving the Uintah Basin since 1944. Today, Uintah Basin Healthcare is the largest and most comprehensive independent rural-based healthcare system in the state of Utah.