

STATE SENATOR • DEBORAH CHERRY • 26TH DISTRICT

Cherry Press Release

P.O. Box 30036 • Lansing • Michigan • 48909-7536 • 517-373-1636 • Fax: 517-373-1453
E-mail: sendcherry@senate.michigan.gov • www.senate.mi.gov/cherry



FOR IMMEDIATE RELEASE
April 24, 2008

Contact: Sen. Deb Cherry
Phone: (517) 373-1636

Governor Granholm, DNR and Senator Cherry Encourage Kids to Enjoy Outdoors, Exercise

“No Child Left Inside Days” Stress Need for Youth Fitness, Passage of SB 125

LANSING—Senator Deb Cherry (D-Burton) is joining Governor Jennifer Granholm and the Michigan Department of Natural Resources (DNR) this week to promote the designation of April 22-27 as “No Child Left Inside Days” in Michigan. The DNR is promoting the benefits of outdoor recreation by providing a number of opportunities and suggestions for educators, parents and guardians to help in this effort to mend the child-nature connection and promote healthy habits.

“At a time like this when we are encouraging healthy lifestyles among children, ‘No Child Left Inside Days’ offer great opportunities to encourage children to participate in outdoor activities and to have an appreciation of our amazing natural resources,” said Governor Jennifer M. Granholm.

In addition to encouraging Michigan’s youth to enjoy the outdoors, “No Child Left Inside Days” also underscore the continuing need to encourage exercise and a healthy way of life. An increasingly inactive lifestyle—with physical activity replaced by high-tech, low-impact entertainment—and poor eating habits are leading to skyrocketing obesity rates in both adults and children. In fact, childhood obesity is five times higher than it was in the 1960s.

“We need to get kids outside and exercising not just this week, but every single day if they’re going to develop healthy habits that they can carry into adulthood,” said Sen. Cherry. “Michigan has wonderful land and waters for kids to enjoy, but simple sunshine and fresh air alone can do wonders to combat childhood obesity. That’s why I have introduced legislation that would implement physical activity as part of our every day curriculum.”

Sen. Cherry introduced legislation, Senate Bill 125, last year that would require 30 minutes of daily physical activity for all elementary school students in Michigan to combat obesity and unhealthy habits. It was introduced on January 31, 2007 and assigned to the Senate Education Committee, where it has yet to be addressed.

The six-day “No Child Left Inside” event began on Earth Day and the DNR is offering several programs to encourage outdoor activities at its state park and state fish

hatchery visitor centers across the state. The DNR expects to have more than 1,200 students participate in school programs during this week, and many of the centers also will be hosting special weekend family activities. For more information, including outdoor activities that can be done right on the school grounds, visit www.michigan.gov/nochildleftinside.

#

Elected to the Senate in 2002 and 2006, Senator Cherry is a member of the Senate Appropriations Committee, serving as Minority Vice Chair on the Subcommittees for Community Health and Retirement. She is also a member of the Subcommittee on Capital Outlay.