

# Greeley Tribune

## Meeker students exercise on the way to school

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Third-grader Austin Merriman, Third Grader Delilah Rodriguez, Kindergartner Kaylen Merriman, Kindergartner Elizabeth Merriman and Second Grader Xander Selby prepare to sign the walk to school/bike to school banner.

Meeker Elementary students lined up outside the school Wednesday morning, excitedly talking with friends or straining to see the table they were waiting to get to. They were being rewarded for walking or biking to school.

The idea to get as many kids as possible to school on foot started when district wellness specialist Rachel Hurshman sent an email inviting any school in Greeley-Evans School District 6 to rally their students for the event. Meeker physical education teacher Valerie Cook took the opportunity to encourage kids to get some exercise.

“The idea behind it is just to promote physical activity for kids and families,” Cook said.

Kids who hadn’t walked or biked to school had the opportunity to walk or run two laps on the field, which many kids were racing to do. After walking or biking to school or doing laps, the kids could line up to sign their name on the school banner and get healthy snacks and pamphlets with ideas for families to do physical activities together.

Robyn Smith walked with her kids, two of whom are Meeker students: Samuel, a third grader and Victoria, a kindergartner.

“We try to do it as much as we can, just because we need the exercise, and we’re enjoying the weather while we can,” Smith said.

Matt Reichel came to spend time with his son Xavier, a third grader.

“He just wanted to walk with me and spend time with me,” Reichel said.

Everyone was going to receive a water bottle and the class with the most students who had walked or biked to school would get a golden sneaker, said Carlee Rosen, Make Today Count! campaign coordinator for North Colorado Health Alliance.

“They get really excited about it,” Rosen said.