



Moon Area School District

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MAHS Awarded \$10,000 Highmark Healthy High 5 Grant

Moon Area High School's students will have the chance to dance their way to a healthy lifestyle thanks to \$10,000 in Highmark Healthy High 5 School Challenge grant funds.

With the funds, distributed through the Highmark Foundation, MAHS will add the Exerdance Fitness Program to the buildings' health and physical education curriculums allowing students to utilize the latest in fitness instruction.

Similar to a Dance Dance Revolution video game, the Exerdance system, from Exergame Fitness, accommodates more dancers with seven electronic sensor areas that calculate steps per minute, calories burned and game score.

The grants are part of Highmark Healthy High 5's effort to establish healthy habits like good nutrition and physical activity for children at a young age with the hope those habits will continue into adulthood thwarting the nation's rising obesity rates.

In Moon Area, the programs will reach more than 600 freshman and sophomore students. This year, Highmark Foundation has provided climbing walls, Nintendo Wii and Sony PlayStation video game consoles, Dance Dance Revolution video games, GameBikes and televisions to MASD elementary, middle and high school students through Highmark Healthy High 5 school challenge grant funds.

Since 2007, the Highmark Foundation, through the Healthy High 5 School Challenge, has awarded a total of \$3.5 million in grants to 496 schools in 47 counties across the commonwealth for programs that address bullying prevention and self-esteem, improve nutrition education, enhance nutrition choices and provide opportunities for physical activity.

For more information on Highmark Healthy High 5's School Challenge Grant Program, visit www.highmarkhealthyhigh5.org.