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For Immediate Release:

US KIDS TO WORKOUT FOR 10 CONTINUOUS HOURS
September is National Childhood Obesity Month

September 29, 2022 will mark the 14th anniversary of the Exercise United States (Exercise US) program. School children from all 50 states will sign up for 40 available 15-minute time slots, which will create a 10-hour exercise relay from coast to coast.

Schools all along the east coast of the United States will kick off the event at 8 am (EST), while it will end 10 hours later in schools from California, Hawaii and Alaska. The concept is very simple, at 8:00 a.m. (Eastern Time) during the first time slot of this program, schools on the east coast will start to exercise. These schools will exercise for 15 continuous minutes, ending at 8:15 a.m. Promptly at 8:15 a.m., new schools will begin to exercise until 8:30 a.m. Then at 8:30 a.m., more schools will start exercising and conclude at 8:45 a.m. This pattern will continue for 10 hours, finishing with schools on the US West coast at 3:00 p.m. (Pacific Time).

The American Heart Association has stated that 25 million children and adolescents (age 2-19) in the United States are overweight or obese - that's nearly 1 in 3 American children. As a snip from *US News & World Report* states, the Exercise US program.... "is a unique attempt to fight childhood obesity.

Please visit the Exercise US web page (www.uskidsworkout.com) to get more details about the program.

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