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## **\$125,000 Grant Gives Nutrition Ignition! a Healthy 'Good Life' for Students**

**London, ON** – The students of St. Anne Catholic School are joining St. Robert Catholic School in London in helping researchers find better ways to prevent childhood obesity by promoting healthy living. **On Wednesday November 20, Anthony Stolarz and Dakota Mermis from the London Knights** will join students to celebrate their participation in Nutrition Ignition! – made possible by a \$125,435 grant from the GoodLife Kids Foundation (GLKF) through the Children's Health Foundation.

*“GoodLife Kids Foundation’s vision is for every Canadian child to have the opportunity to live a fit and healthy good life,” said Lisa Burrows GoodLife Kids Foundation, Executive Director. “Our continued support of Nutrition Ignition! is in recognition of the program’s vast potential to provide education and insight in helping to promote regular physical activity and healthy eating habits in the school community.”*

The goal of Nutrition Ignition! is to create a “culture” within the school that extends beyond the school and into the home, by providing constant and consistent support to “play” and “eat healthy”, which will ultimately influence a child and their family’s behavior over a lifetime. Students from Kindergarten to grade eight and their families, receive lessons, snacks, and plenty of opportunities to play from program staff and undergraduate and graduate students from Kinesiology and Foods and Nutrition at Western University and Brescia University College.

Nutrition Ignition! is led by principal investigator Dr. Danielle Battram of Brescia University College and Drs. Alan Salmoni and Laura Misener of Western University. “Our hope is that Nutrition Ignition! will further help children and their families to be healthier by participating in fun physical activities and enjoying healthy eating together,” says Battram.

**Media are invited to attend the cheque presentation and Nutrition Ignition! celebration.**

**DATE: Wednesday, November 20, 2013**

**TIME: 10:30am – 11:15am**

**LOCATION: St. Anne Catholic School  
1366 Huron Street  
London, Ontario**

### **PHOTO OPPORTUNITIES**

Anthony Stolarz and Dakota Mermis from the London Knights, members of GoodLife Kids Foundation, Children's Health Foundation and London District Catholic School Board.



### **About GoodLife Kids Foundation**

GoodLife Kids Foundation is a private foundation with a vision for every Canadian kid to have the opportunity to live a fit and healthy good life. To date GoodLife Kids Foundation Grant Program has given \$1.2 million to more than 100 organizations, impacting over 200,000 Canadian children. To learn more about the GoodLife Kids Foundation Grant Program or to apply for a Grant go to: [www.goodlifekids.com](http://www.goodlifekids.com)

100% of the money you donate to GoodLife Kids Foundation goes to helping Kids across Canada get active and healthy! GoodLife Fitness Clubs covers all of our administrative and operational expenses so that every dollar raised will make the biggest impact on the lives of Canadian kids.

### **About Children's Health Foundation**

Children's Health Foundation is dedicated to raising and granting funds to support Children's Hospital at London Health Sciences Centre, Thames Valley Children's Centre and Children's Health Research Institute. Since 1922, funds raised have helped deliver exceptional care and support for children and their families by providing specialized paediatric care, equipment, education programs, therapy, rehabilitation services and research. To learn more about how you can positively impact the health of children, youth and their families, please visit [www.childhealth.ca](http://www.childhealth.ca).

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