

## **Muhlenberg High School awarded a grant through the Highmark Healthy High 5 School Challenge**

Muhlenberg High School has been awarded a Highmark Healthy High 5 School Challenge grant in the amount of \$8,305.00 to implement the use of heart rate monitors in personal fitness classes. The use of heart rate monitors will provide students with enhanced opportunity to understand their fitness levels and goal setting for increased fitness. With childhood obesity on the rise, this grant will support Muhlenberg's efforts to help students adopt healthy behaviors that will stay with them for a lifetime.

The heart rate monitors will be used in personal fitness classes and which will reach approximately 160 students grades 9-12.

"The health and wellness of our students is a top priority," said Lori Spohn, health and physical education chairperson. "This grant will allow us to provide children with the tools to set goals, stay in their target heart rate zone and increase fitness levels.

Since 2007, the Highmark Foundation, through the the Highmark Healthy High 5 School Challenge, has awarded more than \$5.5 million to over 750 grants to schools across the 49 counties across Pennsylvania for programs that provide nutrition education, enhance nutrition choices and increase opportunities for physical activity.

"Physical activity and nutrition play a critical role in reducing childhood obesity," said Yvonne Cook, president of the Highmark Foundation. "With this grant, Muhlenberg High School will have additional resources available to educate students-and their parents- on simple lifestyle changes that can be made to improve health and wellbeing of our children."

For more information on the Highmark Healthy High 5 School Challenge grant program, visit [www.highmarkhealthyhigh5.org](http://www.highmarkhealthyhigh5.org).