



For Immediate Release

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Health Education Council awarded Friends of CDA Award.

Sacramento, CA – The Health Education Council's PowerPlay! Campaign has been awarded the Friends of CDA Award for contributing to the Northern Area Dietetic Association's (NADA) *Nutrition Fuels Fitness 5K/10K and Kids Fun Run*. The money raised at this year's event was awarded to two local PowerPlay! partnering schools and Community-Based Organizations.

PowerPlay! is dedicated to healthy living, raising funds to benefit programs that help fight childhood obesity programs in low-income, at-risk communities. The program encourages children, ages 9-11 to eat the recommended amount of fruits and vegetables and to be active for at least 60-minutes a day.

With the support of The Health Education Council and their PowerPlay! Campaign, NADA has earned over \$12,000 to promote healthy eating habits while raising funds in the fight against childhood obesity.

