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Lake Travis ISD to host annual community health and fitness expo

Addition of Randy Saucedo Memorial Mile & 5K to honor coach's legacy

From twisting and turning inside a life-size hamster ball to creating kid-friendly snacks, children and families alike will once again have an opportunity to experience a unique offering of health and fitness activities during the Lake Travis Independent School District's (LTISD) third annual FitSmart Expo. Sponsored by the LTISD Food and Nutrition Services (FANS) department, the LTISD Healthy Lifestyles program, and the FANS Parent Advisory Committee, the free community event will be held from 1:00 to 4:00 p.m., Sunday, February 26 at the Lake Travis High School campus. The Randy Saucedo Memorial Mile & 5K, named for the late coach and PE teacher at Lakeway Elementary, will precede the expo at noon.

"The FitSmart Expo will highlight the programs within the District that promote health education, nutrition, fitness, and healthy lifestyles," said Traci Miller, LTISD FANS Director. "We had an incredible outpouring of community support at last year's event, and we're very excited to do it all over again. We've added the Randy Saucedo Memorial Mile and 5K this year as a way to personalize our event as well as honor the life of an incredible coach and friend of the LT community. Additionally, Marathon Kids has graciously agreed to credit one mile at this event for their annual campaign should a student not be able to attend the finale in downtown Austin. Marathon Kids medals will be available while supplies last. We will also continue to make available our anti-bullying awareness station sponsored by the District's Healthy Lifestyles program to be presented by our school counselors. Last year's Hamster Ball 'speed pass' will continue to move that attraction along at a healthy pace."

Spread across the Café, Cavalier Activity Center and varsity football field on the LTHS campus, the expo will feature other popular attractions including:

- A family obstacle course
- A variety of interactive sports training stations conducted by LTHS athletic coaches and teams
- An interactive display about growing healthy food entitled, *'How Does a Garden Grow?'*
- A drug and alcohol awareness presentations by the LTISD Healthy Lifestyles Program, including an appearance by the Travis County Sheriff's Office and 'drug dog' Cora
- A mobile blood donation station hosted by the Blood Bank of Austin
- Various health education activities hosted by LTISD school nurses
- A create-a-snack table for kids entitled, *'Healthy Snack Creation Station'*
- Samples of tasty and healthy fare offered in all LTISD schools entitled, *'What's for Lunch?'*
- A display of education materials and related activities entitled, *'The Nutrition Corner'*

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Page 2

- A live demonstration of elements from the LTISD ROPES Challenge Course
- The American Cancer Society's Relay for Life station, presented by the LTHS Interact Club
- The *Ga-Ga Pit*, an international game similar to dodge ball

The FitSmart Expo is funded primarily by donations from numerous local and area businesses, organizations, and individuals including Backwoods, Blue Bell, Clif Bar, Games2U, The Hospital at Westlake, HEB, Karen Mechura, Rodan and Fields, Natural Springs Garden and Republic Print & Mail.

For more information, contact the Lake Travis ISD FANS Department at (512) 533-6035, or visit the event website at www.ltisdschools.org/fitsmart.

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A TEA Exemplary District, 2010-2011

In 1981, Lake Travis Independent School District was formed in a move to build an educational program which would better meet the needs of the students from the Lake Travis area. More than 7,300 district students are serviced by eight campuses: Lake Travis High School; Lake Travis and Hudson Bend middle schools; and Lakeway, Bee Cave, Lake Travis, Lake Pointe, and Serene Hills elementary schools. For more information, visit www.ltisdschools.org.