



Mt. Lebanon School District

LINCOLN ELEMENTARY SCHOOL
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Ron Kitsko, Principal
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To Whom It May Concern,

I would like to make you aware of an event that will be taking place at Lincoln Elementary School on March 24th, 2017, from 6:30p.m. to 9:00p.m. Members of the PTA and I have decided to plan a Lincoln Health and Fitness Festival for students and their families to try and promote lifelong fitness. The Center for Disease Control has issued a statement saying that this generation of youth is the first in history to **not have as long a life expectancy as their parents**. Childhood obesity has tripled in the last 20 years and Type II Diabetes is on the rise, due to the inactivity of today's children. This news should not be taken lightly, as cardiovascular disease and stroke is the leading cause of death in America today, mainly because of the lack of physical activity and poor eating habits of our society. However; there is good news!! You and I can help to reverse this trend simply by getting up and moving!! Did you know that children are three times as likely to be physically active if their parents are? Unfortunately, it works the other way as well. This is why the PTA and I have decided to make this a family event.

Here's what will be happening at our Lincoln Health and Fitness Festival. We will be having a variety of speakers and presenters of all backgrounds, from college and high school coaches, aerobic instructors, dance teachers, doctors, dieticians, athletes, and experts on outdoor activities, just to name a few. Students and parents will have the opportunity to listen to speakers of their choice, as well as participate in those activities that interest them. It will be a time of learning new things, as well as an opportunity to get up, move and participate in new, challenging activities. During this evening, you will see the variety of activities that are offered in this community, and you will get a chance to meet the people who care so much about living a healthy lifestyle that they are providing their services for free. Our main goal of this Health and Fitness Festival is to introduce families in attendance to lifelong fitness and motivate them to make positive life changes.

We are asking for local businesses to show their support for our school, along with our goal of promoting lifelong fitness to the families of Mt. Lebanon. We would greatly appreciate any donation that you could give, whether it is monetary or a basket to raffle. All businesses that are able to donate will be listed in our schedule program that will be handed out on the night of our Health and Fitness Festival. If you feel that you are interested in presenting or leading our students in an activity, we'd love to have you.

Thank you for your support of Lincoln Elementary School! If you have any further questions, I can be reached at 412-344-2147.

Sincerely,

Doug Yannascoli
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