Sisters teen wins Subway â€˜Fresh Fitâ€™ contest

by Bend_Weekly_News_Sources

After the month long Subway Fresh Fit Video and Poster competition, students and youth in Bend have shown they are fighting back against childhood obesity.

On Tuesday, May 22, Jim Lussier from the Oregon Health Policy Commission and Subway Restaurants will recognize the areaâ€™s leading fitness experts and winner of this yearâ€™s Fresh Fit contest, Parker Bennett, a 15 year old from Sisters High School. The winnerâ€™s entry shows passion for choosing to lead a healthy and fit lifestyle at a young age, and ideas for others to do the same. Honorable mentions include the Bend Boys and Girls club and Marshall High School for their efforts.

Parker Bennett will receive $1,000 that will in turn be split between Sisters Middle and Sister high School as fitness grants for new physical education equipment to continue in their quest of combating the nationwide obesity epidemic. Parker will also receive Subway for a year for a family of four that can be used at all Subway locations.

Join Subway, the Oregon Health Policy Commission and Sisters High School students as they reward the areaâ€™s leading fitness expert for the strides made in leading a healthy and fit lifestyle. The event will be held at 9 a.m. on Tuesday, May 22, at Sisters High School (1700 McKinney Butte Road, Sisters, OR).

Subway restaurants of Bend launched the SUBWAY FRESH FIT Video and Poster competition on April 2. Entries were received through May 4 and chosen by local Subway, and health and wellness representatives. The program was designed to help educate students, increase local awareness about the nationâ€™s current childhood obesity problem, and provide positive incentives for kids to form healthier diet and exercise habits.

Jim Lussier, member of the Oregon Health Policy Commission and president emeritus of St. Charles Medical Center in Bend said that if we do not act now and take serious steps to prevent obesity in Oregon's children, this public health crisis will only worsen.

"In an effort to change our environment and make it easy for people to make healthy choices, Subway has created a Fresh Fit program dedicated to educating children about childhood obesity that also encourages them to be active and share their stories,â€• said Lussier. â€œWe fully support Subwayâ€™s Fresh Fit program that promotes the idea of getting up, out and active. This program is an example of how to establish an educational forum that contributes to the healthy lifestyle practices that we support."

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