

Schools launching new health & fitness program

Jumping jacks by Clays Mill Elementary kids illustrated everyone's enthusiasm about a new health and fitness program coming to Fayette County Public Schools.

"I think (people) should try to get outside more and exercise," fifth-grader Jacob Abbott said. "I just feel like a whole new me when I'm outside playing."

The Physical Activity and Wellness Schools (PAWS) Program, a partnership between FCPS and the University of Kentucky, aims to establish model schools to promote a healthy school culture among staff and students. The program will launch initially at Clays Mill Elementary and Tates Creek High School.

PAWS will offer health screenings and health and physical activity programs as UK experts work with school staff to enhance health education curriculum, to improve the children's health and nutrition, and to increase kids' physical activity in and out of class. [Read more ...](#)