

Memorial Healthcare and FLIPANY promote healthy eating and physical activity to low income families

By Cristina Virsida

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Non-profit organization Florida Introduces Physical Activity & Nutrition to Youth (FLIPANY) offers programs that promote physical activity and teach proper nutrition to low income children and families in Broward, Dade and Palm Beach counties.

Recently, Memorial Healthcare System was named as the Title Sponsor of the 3rd Annual “FLIPANY Fun Run”, benefiting local non-profit organization, Florida Introduces Physical Activity & Nutrition to Youth (FLIPANY).

Proceeds from the event go towards FLIPANY’s school and community-based, free physical activity and nutrition programs that integrate sports, healthy eating, meal planning and cooking classes to facilitate healthy living for low-income children and families in Broward, Dade and Palm Beach counties.

Participants of all ages are invited to join the 5K /10 K walk or run on January 10th, 2009 at North Beach Park in Hollywood. Awards will be given to the top three males and females in 15 different age categories, ranging from ages 9 and up. To register, visit www.active.com.

“More and more, our children are becoming less active, more overweight and at risk for diabetes and heart disease - all of which can negatively affect their health as adults”, said Lynne Kunins, Executive Director of FLIPANY. “Sponsorship of our FLIPANY Fun Run will help to reverse these trends and get children more active, educate them on the importance of eating right, and actually develop healthy habits that will last a lifetime.”

“Recognizing that fitness and nutrition are critical issues associated with quality life, Memorial encourages the community to participate in the event and make healthy living part of daily life.” said Steven Sampier, Director of Community Services at Memorial Healthcare System, of the importance of further community support.

Florida Introduces Physical Activity & Nutrition to Youth (FLIPANY) is a 501 c (3) non-profit organization established in 2005 to provide free or low cost physical activity and nutrition to low income youth and their families in South Florida. FLIPANY’s programs “Eat Right. Get Moving. Repeat!” and “Share Our Strength’s Operation Frontline®” provide long-term solutions to inactivity, hunger, and poor nutrition by teaching parents and children how to get moving, read recipes, and select, purchase and prepare healthy low-cost food for their families. For more information on FLIPANY, call 954.636.2388 or visit www.flipany.org.

Memorial Healthcare System (MHS) provides safe, quality, cost-effective, patient- and family-centered care, regardless of one’s ability to pay, with the goal of improving the health status of the community it serves. MHS has many programs and services designed to benefit local residents including “Back to School Readiness” health fairs and many children's safety programs. For more on their community programs, visit MHS online at www.mhs.net/community.

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