
FOR IMMEDIATE RELEASE



FOR INFORMATION CALL

April 27, 2015

Ald. Russell W. Stamper, II
(414) 286-2659

Second annual Walk-A-Thon at Siefert School Tuesday

Siefert Elementary School's Second Annual Walk-A-Thon will take place **tomorrow (Tuesday, April 28, 2015)** from 8:00 a.m. to 2:00 p.m. at the school, 1547 N. 14th St. **Alderman Russell W. Stamper, II** and Milwaukee Health **Commissioner Bevan Baker** are slated to speak to the students during a **9:00 a.m. program** about healthy living and exercise in our lives and neighborhoods.

During last year's Walk-A-Thon, Siefert students learned about steps, laps, and mileage, and participants were able to collectively walk 18.25 miles and 41, 301 steps in six hours.

"Exercise and physical activity does not need to involve sports or jogging – walking is an excellent way to get your daily exercise," Alderman Stamper said. "I commend the Siefert students, staff, faculty and parents who are making a positive difference by encouraging healthy habits and positive wellness activities."

During Tuesday's Walk-A-Thon, staff, students, parents, and community partners of Siefert Elementary School will be walking the perimeter of the building to bring awareness to health, wellness, and exercise. During the event, each classroom has a scheduled 30 minute block to do their walking, and each adds an educational component by chanting math facts, educational facts, or charting nouns, adjectives, or verbs observed.