

For Immediate Release

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Laurie Sween and Kids Take Heart™ program win State Education Award for helping kids get heart healthy and fight childhood obesity

BELLEVUE – The Washington Alliance for Health, Physical Education, Recreation and Dance (WAHPERD) selected Laurie Sween of the *Kids Take Heart*™ program at local nonprofit Hope Heart Institute for the Bob Melson Honor Award. This award recognizes outstanding commitment and leadership in service and education.

Kids Take Heart is a health and fitness curriculum for 3rd - 5th graders. It teaches cardiovascular anatomy, the benefits of exercise, and how to choose nutritious foods, relieve stress, and set healthy goals. Laurie Sween, program manager, developed *Kids Take Heart* to align with state and national learning standards.

The core lessons have been piloted with 15,000 students statewide. Now, *Kids Take Heart* is going national via an online teacher training.

Photos of the curriculum and award reception are available for print.

The Bob Melson Honor Award recognizes a professional who demonstrates outstanding leadership and commitment to the service and education of others. The award is named for Bob Melson, a long standing executive director of WAHPERD.

The Hope Heart Institute, a Seattle-based non-profit, has a 50-year history of revolutionary medical advances and educational curricula that make heart disease – America's No. 1 cause of death – more treatable, beatable, and preventable. www.hopeheart.org

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