

WASHINGTON-Congressman Spencer Bachus is pleased to announce that Cherokee Bend Elementary and Crestline Elementary of Birmingham have both been announced state champion winners in the *President's Challenge* on physical fitness. "The State Champion award is presented to three schools in each state with the highest number of students scoring at or above the 85

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percentile on the *President's Challenge*", Bachus explained.

The *President's Challenge* Physical Activity and Fitness Awards Program began in 1958 to offer recognition and awards for fitness to all participating young people. The five assessments of the *President's Challenge*

measure four components of physical fitness: a one-mile run/walk for heart and lung endurance; curl ups for abdominal strength and endurance, a sit and reach stretch for muscular flexibility; pull ups for upper body strength and endurance; and a shuttle run for agility.

"The students at Cherokee Bend Elementary and Crestline Elementary should be very proud of their achievement. There is a national crisis today with our children and lack of physical fitness. I encourage young people to exercise and get involved in sports", Bachus said.