

ER, UR Team Up for Wellness Week

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The East Rochester school district is on a week-long health kick to get kids moving and eating better.

Students start each morning with a mile walk to school – together - bright and early at 7:00 a.m. They're clocking their efforts on pedometers provided by the University of Rochester.

Pediatric residents there are working with the district on this "wellness week" project. New school shirts show off what it is the kids are working for.



"It means that we, as a school, can be able to be healthy and stay on track in a healthy diet and good activities everyday and it is really easy to do," said participant Katie Gregory.

Kids are rewarded for their efforts. There are daily drawings for prizes and even some healthy additions to the lunch menu.

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