

NEWS RELEASE

Wilfrid Laurier University



Laurier athletes visit schools on Healthy Hawk Day to get kids moving

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**Contact: Ari Grossman, Sports Information Coordinator
Wilfrid Laurier University
(519) 884-0710, ext. 6483**

or

**Wally Gabler, Coordinator of Interuniversity Sport
Wilfrid Laurier University
(519) 884-0710, ext. 3428**

WATERLOO —Wilfrid Laurier University, in partnership with the Waterloo Region District School Board and Waterloo Catholic District School Board, will hold the first annual Healthy Hawk Day on Tuesday, October 23.

Students from 30 elementary schools in Waterloo Region will participate in the full-day event, which encourages children to adopt healthy living and an active lifestyle.

About 100 Golden Hawk student-athletes from Laurier's 23 varsity sports teams will be present at participating schools to lead students in physical education classes and speak about the importance of healthy living. They will also take part in morning, lunchtime and afternoon recesses.

"Our student-athletes are a great example of how to balance an active and healthy lifestyle with school and involvement in the community, both here in Kitchener-Waterloo and in their hometowns," says Wally Gabler, coordinator of interuniversity sport at Laurier. "The day will give our student athletes a chance to give back to our community, one that greatly supports the Golden Hawks."

Several senior administrators from Laurier — including president Dr. Max Blouw, director of recreation and athletics Peter Baxter, and dean of student services David McMurray — will also travel to select schools with Laurier's mascot, The Hawk, to support the program.