



## NEWS ADVISORY

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### **Kingsland SACC Welcomes Wise Kids**

**Spring Valley, Minn.**—Beginning June 15, 2010, kids enrolled in the Kingsland School-Aged Child Care (SACC) program will participate in the Säjai (pronounced “saw-jay”) Wise Kids™ program. The nationwide program is designed to teach kids about wellness and to help them make wise decisions about nutrition and exercise.

Säjai Wise Kids™ focuses on making good choices that will get kids healthy and keep them healthy for life. The nine-week program incorporates workbooks, games, and activities designed to get kids moving and to teach them about critical wellness concepts related to energy balance. That is, energy (or calories) IN should equal energy (or calories) OUT to best manage weight and stay healthy.

“The program offers children an experiential chance to learn about the importance of making wise, balanced choices in food and activity,” said Melissa Hanson, executive director of the Säjai™ Foundation. “Working with youth to help them better understand how they can be healthier will equip them with the knowledge and skills to begin a life-long journey towards healthy living.”

The program is being offered to Kingsland SACC through a grant received from the OMC Regional Foundation. Olmsted Medical Center's Bridget Ideker, RD, LD, will lead the nine-week program. “The goal for the program is to encourage children to play while learning basic nutrition concepts. We teach the children who will then become role models for other children and their families,” said Ideker. “We're grateful for the OMC Regional Foundation's help in bringing this to even more communities that Olmsted Medical Center serves. Kingsland SACC was a great fit.”

The **Säjai Wise Kids™** program was created by the **Säjai Foundation** in partnership with the **National Recreation and Park Association (NRPA)**. The Foundation is a nonprofit organization working to combat childhood obesity by developing wellness programs for youth. NRPA is a nonprofit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. For more information on either organization, visit [www.sajaifoundation.org](http://www.sajaifoundation.org) or [www.nrpa.org](http://www.nrpa.org).

**OMC Regional Foundation**, a not-for-profit organization, was created in 2001 to advocate for and support Olmsted Medical Center and assist it in being an active, contributing partner in the communities it serves. OMC Regional Foundation supports needed healthcare services to businesses, families, or neighbors requiring specific equipment or personnel, health and wellness education, and programs stressing preventive healthcare in OMC communities. The Foundation helps connect OMC healthcare providers with the people they serve, and its activities strive to position and prepare OMC for the future.