

FOR IMMEDIATE RELEASE
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BOYS & GIRLS CLUBS OF CENTRAL ALABAMA – MONTEVALLO UNIT SELECTED FOR PHASE TWO OF FIT FAMILY CHALLENGE

BIRMINGHAM, AL - (November 19, 2013) - Two of our Montevallo Boys & Girls Club families have been selected as top 25 semi-finalists in the Boys & Girls Clubs of America (BGCA) Fit Family Challenge. Alyse Jones and Kayce Sankey and their families were selected to continue onto Phase two in the Challenge which includes mind, body and soul components.

The “Mind” component helps young people acquire healthy habits, such as making smart food choices, understanding appropriate portion sizes and creating fun, balanced meals. The “Body” component encourages physical activity on a daily basis. The “Soul” component encompasses social recreation activities that are critical to positive youth development. By participating in a comprehensive social recreation program, Club youth are able to develop and sustain positive relationships with others, acquire a healthy self-concept and a strong belief in their self-worth, and cope well with both positive and adverse situations.

We are combining this Challenge with our own tradition of ‘A Club Divided’ where members choose Alabama or Auburn to cheer and compete for. Club events include all sorts of physical, mental and artistic competitions and no matter what color the ‘A’ on our celebratory cupcakes on December 2 is... lots of fun and lessons in healthy competition and good sportsmanship will be enjoyed by everyone. Alyse is captain of the Auburn team and Kayce leads the Alabama team.

In mid-December 5 families from all over the US will be chosen as finalists and will fly (all expenses paid) to LA in January for the finals! We are really proud of both of our continuing participants and look forward to hearing stories about the finals in California from one of these members!

For more information about Montevallo BGC contact Freda A Shivers, Unit Director at 205-665-4466 or visit our website www.BeGreatBirmingham.org. Boys & Girls Clubs of Central Alabama is a United Way Agency.

About Boys & Girls Clubs of Central Alabama Boys & Girls Clubs of Central Alabama (BGCCA) exist to provide boys and girls ages six to 18 with a place to learn, grow, and succeed. The oldest Boys & Girls Club in the Southeast, BGCCA has been serving the children in the Birmingham and surrounding communities for 112 years. The Club currently has 9 clubs in 4 counties providing a safe, positive environment promoting Education, Character and Leadership Training, and Healthy Lifestyle Habits. www.BeGreatBirmingham.org

