

Manistee Recreation Association

FOR IMMEDIATE RELEASE

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Get Healthy with the MRA!

Think back to your childhood. You put on your tall yellow socks and black soccer cleats and an awesome t-shirt to represent your team. You ran out onto the grassy field to join your teammates as the game began. The soccer ball was kicked and all of you ran in small packs like bumble bees hoping to be the first one to the ball. The ball was kicked again and then, boom, someone scored!

Growing up in Michigan, kids have had the opportunity to learn and grow with certain sports offered through local recreational departments in their towns. One particular county, Manistee, does an incredible job providing a variety of activities and programs in which kids may participate. The Manistee Recreation Association is a small non-profit business that began in 1942 by a group of high school kids who wanted a place to hang out and socialize with friends. The city and area townships have made it possible to keep it running all these years. In the year 2012, seventy years shall be celebrated for their incredible service to the county of Manistee. Two hundred plus volunteers make up the services provided each year.

The MRA provides financial support in scholarship form to the kids and families that are struggling financially or have fallen on hard economic times. In 2011, 32 families were given scholarships. Those scholarships equate to 85 registrations equaling approximately \$2,800. Many businesses in Manistee County are very supportive and graciously allocate funds to operate the business but mostly give to offer the kids of in Manistee area with a fun and active childhood playing such sports activities as soccer, tennis, and t-ball.

One thing that is affecting this generation rising up is the battle of obesity. Children and adults alike are facing such problems. According to healthyamericans.org, Michigan is ranked the 10th most obese state in America and the obesity rate in Michigan is 30.5%. Only 15 years ago it was at 17.2%. This is a huge problem across America. No one wants to see their children die before them but if the statistics continue to rise, it could happen.

Let's encourage the kids of this nation, state, and city to be active and live a healthier lifestyle. Moderate the time spent in front of the TV playing video games and watching movies.

Dr. Lavizzo-Mourey, president of the Robert Wood Johnson Foundation and advocating to make America healthier, says, "creating healthy environments is key to reversing the obesity epidemic, particularly for children. When children have safe places to walk, bike and play in their communities, they're more likely to be active and less likely to be obese."

Manistee has provided a safe environment to allow kids to play and live actively and is taking an active step toward fighting childhood obesity.

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