

Media Release

For Immediate Release
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2008 Olympian to run in 4th Annual Thin Mint Sprint **'nPlay Foundation partners with Girl Scouts, Hornets' Nest Council**

Girl Scouts, Hornets' Nest Council has joined 'nPLAY Foundation in their mission to help reverse the rate of childhood obesity by the end of 2013. 'nPLAY Foundation has put together a group of world class athletes that have committed themselves on both a national and local level to help and encourage students, teachers and parents to strive for a healthier lifestyle so our children can have the futures they deserve.

Mechelle Lewis, a 2008 Olympian, 2007 Pan American double Silver Medalist and 2007 World Champion, will be partnering with Girl Scouts, Hornets' Nest Council on behalf of 'nPLAY Foundation. Mechelle will speak to the girls, parents and community about obesity and further help girls recognize their self-worth and courage. She is committed to inspiring others to acknowledge, understand and reach their full potential and serves as a vessel in helping raise a healthier generation of America's youth. Mechelle will also be running in the Thin Mint Sprint!

Jennie Finch, Board President for 'nPlay Foundation said "'nPlay is extremely proud to partner with the Girl Scouts as they teach young girls that a balanced diet and exercise are the keys to healthy living. Mechelle Lewis' participation is a great example of what we support at 'nPlay. As professional athletes we want the youth of America to reap the rewards of a healthy lifestyle for years to come."

Girl Scouts, Hornets' Nest Council will host their healthy living initiative, the "Thin Mint Sprint", on Saturday, May 21st at 7:00 am at Carowinds Theme Park. Physical activity and healthy living are critical education topics for today's youth. The Thin Mint Sprint is a year long healthy living initiative for Girl Scouts focusing on fitness fun, nutrition and healthy habits. Throughout the year, girls complete participation logs by walking, skipping, running or jogging in order to achieve 26.2 miles. It all culminates on race day with a fun run and 5K through Carowinds.

This healthy living initiative is combined with other programs that encourage girls to engage in a wide range of activities that teach them about developing healthy everyday habits, the importance of getting enough exercise and sleep, good hygiene and eating habits and learning about specific diseases like breast cancer.

For more information on the Thin Mint Sprint or to register, contact Megan Anderson - manderson@hngirlscouts.org; 704-731-6604

Girl Scouts, Hornets' Nest Council serves approximately 21,000 girl and adult members in Anson, Cabarrus, Mecklenburg, Montgomery, Rowan, Stanly, Union and York (SC) counties. Girl Scouting

builds girls of courage, confidence and character, who make the world a better place. Visit the web site at www.hngirlscouts.org.



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