

NEWS RELEASE

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***TOP STUDENTS FROM ARLINGTON SCHOOL DISTRICT WIN AWARDS IN 2014
GEAR UP & GO! WINTER GAMES***

Five students and one teacher from Arlington School District were named winners of the 2014 Winter Games and will receive awards for their participation and efforts over the winter school break.

Gear Up & Go!, an initiative of the [Snohomish County Health Leadership Coalition](#), aims to increase physical activity among the county's youth to improve academic performance and create lifelong healthy habits. Students participating in the initiative receive technology, which, when worn on the wrist, records the duration and intensity of their physical activity and awards them with virtual points in an online game. The students sync their equipment, known as a PowerPod, at school or at 41 partner locations throughout Snohomish County or on a Bluetooth enabled device that has downloaded the app. The voluntary program, available at no cost to students or schools, employs innovative new technology and an online game to encourage students to move more and be active.

The 2014 *Gear Up & Go!* Winter Games ran Dec. 20 through Jan 3. These students were a few of the 2,353 students and faculty that participated in the two-week long competition.

Awards were given to "Super Sqrers", the three students in each district that earned the most points and to "Super Syncers", the three students in each district that synced their PowerPod the most number of days during break. A complete list of the Super Sqrers and Super

Syncers is [available on the *Gear Up & Go!* website](#). All participating students who used a SyncStation at least once during break received a special game badge for their efforts.

“Congratulations to all of our students and especially to our Super Syncers and Super Sqorers! I was thrilled to see so many of our Arlington students participating in this fun program. I congratulate those students who were honored for their activity and to all who took part and made an effort to stay active and maintain positive health habits,” said Dr. Kristine McDuffy, Superintendent of Arlington Public Schools.

“In total, 2,353 students and faculty throughout Snohomish County participated in the 2014 *Gear Up & Go!* Winter Games,” said Carly Kaufman, strategic program manager for *Gear Up & Go!*. “For many students, the winter break can become a two week vacation in front of a device or television. That’s a tremendous effort these students undertook to maintain the healthy habits they are learning in school. We are delighted to see so many students staying active and having fun!”

The 2014 Winter Games increased student participation over the same period last year by more than 400 percent. More students were motivated to move and participate in the games, and that momentum will carry them forward into future *Gear Up & Go!* programming. *Gear Up & Go!* plans to work with PE teachers from across the county to better understand the factors that led to the increase in participation and possibly recreate those conditions in future programs.

“We set out to create a motivating environment by transforming the time students spent away from class into a fun and inspiring challenge for students to pick up,” said Kaufman. “Based on this year’s record numbers, we’re even more excited to keep students engaged with additional programming throughout the school year.”

This year’s *Gear Up & Go!* program launched November 17. To-date nearly 6,000 students have started using the equipment and are earning points with thousands more anticipated to participate in the program. *Gear Up & Go!* is available at no cost in almost 100 elementary and home schools throughout the county, with 100 percent participation by Snohomish County school districts.

Arlington Public Schools award winners include:

Super Sqorer Awards

- 1st Place Ethan (Pioneer Elementary)
- 2nd Place Ashley (Pioneer Elementary)
- 3rd Place - Lizzie (Pioneer Elementary)

Super Syncer Awards

- 1st Place Ethan (Pioneer Elementary)
- 2nd Place - Chanelle (Pioneer Elementary)
- 3rd Place Ms. Jensen, Teacher (Pioneer Elementary)

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[Snohomish County Health Leadership Coalition](#)

The Snohomish County Health Leadership Coalition is countywide alliance of local leaders in healthcare, education, business and non-profit organizations, dedicated to addressing the challenges of delivering sustainable healthcare. The group aims to promote the economic

development of the region by improving the health, quality of life and competitiveness of the community.

Gear Up & Go!

Gear Up & Go! is an exciting county-wide initiative designed to be fun and encourage students to be more active and foster a lifelong commitment to a healthy lifestyle. This local initiative was created by the Snohomish County Health Leadership Coalition with school district superintendents and a county-wide working group of district teachers, health and physical education professionals.

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