

NEWS RELEASE

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Arlington (December 16, 2014) – This fall, Eagle Creek Elementary students joined the rest of the Arlington elementary schools participating in the Snohomish County [Gear Up & Go!](#) fitness program. Arlington is taking the lead with more than one-third of our fifth graders registered and earning points. Eagle Creek Elementary students are currently in first place in their participation and activity level.

Gear Up & Go! is a Snohomish County Health Leadership Coalition initiative to encourage healthy habits in children. The voluntary program provides Skords, free of charge, to fifth graders and participating school staff. The Skords can be worn on the wrist or ankle to measure the student's activity level throughout the day. Contests are held throughout the year to encourage students to continue increasing their activity level. This is a fun way to encourage healthy lifestyles and reverse the decline of youth activity levels in our fifth grade students.

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