

November 21, 2017

Press Release:

FOR IMMEDIATE RELEASE



First Annual Riverview JSHS Turkey Trot is More Than Just a Typical Trot!!!

Thanks to the school's Wellness Committee, Riverview JSHS students and staff were treated to a special Thanksgiving treat. Students participated in an afternoon of fun and fitness as part of the school's "Turkey Trot." However, don't let the word "Trot" fool you. This was much more than a simple trot.

Three activity stations were set up and made available to all students and staff for the afternoon. Stations included a Yoga Class, hosted by **Homegrown Yoga** in the gymnasium, a Military Boot Camp, hosted by **local Marines** on the football field, and a Turkey Trot walk and Obstacle Course, which was created and set up by the **Wellness Committee members** on the track at Riverside Park.

Even the weather cooperated as students and staff enjoyed a day outside in the sunshine and amidst the fresh air. Thanks to **Homegrown Yoga**, our **local Marines**, and **all who participated and volunteered their time in any way** to add to the health and wellness of our Riverview family.

Now that is some SERIOUS Health and Wellness SUCCESS!