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Walking Club To Fight Obesity

By Roger Weeder
 First Coast News

JACKSONVILLE, FL – A walking club has been formed at a local elementary school to help students learn the value of fitness and a good diet.

Reynolds Lane Elementary is implementing exercise walks three days a week in its after school, Team-Up program. Students are walking the track at least for twenty minutes. The goal is for students to walk at least 10,000 steps every day.

The American Association of Clinical Endocrinologists is sponsoring the six week trail program at the school.

Exercise and diet play a role in help prevent type 2 diabetes. This form of diabetes is on the increase because more children are not eating balanced meals and don't exercise.



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