

## **Westside Elementary students learn healthy living at Food Brings Hope Sports Nutrition Day**

### **Students learn about health, fitness, nutrition**

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DAYTONA BEACH – More than 125 KidsZone and FBHonders students from Westside Elementary recently participated in Food Brings Hope's annual Sports Nutrition Day.

Activities for the day included Zumba lessons from Quanita May of Quanita's Latin Dance and Ballroom with the assistance of Linda Caracushansky of ICI Homes, sports and agility drills led by student-athletes from Embry-Riddle, and a hot and nutritious meal from Plantation Bay's Club de Bonmont was served by Alena and Dalibor Vasicek, Pablo Gomez and Joyce Cyphers.

Dinner included a hot meal and a large assortment of fresh fruits and cheeses, giving the children a healthy and well balanced meal.

"Sports Nutrition Day is one of our student's favorite annual activities," said Forough B. Hosseini, founder and chair of Food Brings Hope. "Our purpose is to teach our students that by making healthy choices and living a healthy lifestyle they can lead a long, fulfilling life."

Athletes from ERAU's men and women's soccer and tennis teams, women's basketball, men's track and field, and cheerleading squads all came to Westside to lead agility drills that encouraged the younger pupils that living an active life is fun and rewarding.

"It was an honor and a pleasure for representatives of our Student-Athlete Advisory Committee (SAAC) to participate in Food Brings Hope Sports Nutrition Day at Westside Elementary School. Our University and Athletics program fully supports the mission of Food Brings Hope," said John Mark Adkison, ERAU associate director of athletics. "Community service is an important component of being a student-athlete at Embry-Riddle. Serving as a staff member in the Athletics department, it is gratifying to see our student-athlete give back and serve the greater good in our community, and specifically partner with the efforts of Food Brings Hope."



*Photo provided by Food Brings Hope*

KidsZone students eat a nutritious meal of fresh fruits at Food Brings Hope's Sports Nutrition Day.