



**For Immediate Release**  
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## **ROBERTO CLEMENTE COMMUNITY ACADEMY HOSTS VIVE EN FORMA ON APRIL 7<sup>TH</sup>**

CHICAGO, ILLINOIS: In addition to being Report Card Pick-up Day, April 7<sup>th</sup> will also be Vive en Forma Day at Roberto Clemente Community Academy, located at 1147 N. Western Ave. in Chicago. Students, parents and others from the community are invited to attend the event, which runs from 3:00-6:00pm, to learn the steps of living a healthier life.

The free Vive en Forma event offers interactive displays regarding fitness and nutrition, including: BMI and blood pressure testing, fitness demonstrations, zumba class, and exhibits on healthy eating. For younger children, there are also coloring activities and exercise games. In addition, the students of the school's Culinary Lab will provide healthy food recipes, cooking demos and food samples.

With one in three Illinois children considered overweight or obese and Latino and African American children facing even higher obesity rates, the Vive en Forma program is being offered in three Chicago public high schools. The goal is to build awareness of the obesity crisis and offer information that families can use to combat this epidemic in their own homes. In addition to the upcoming event at Clemente High School, Vive en Forma Days have been held at Richards Career Academy High School and Prosser Career Academy High School.

Vive en Forma is a non-profit organization that works with Chicago Public Schools and other organizations to combat the obesity epidemic and the problems that it causes in the Hispanic community.