

For Immediate Release

Contact: Gabe Ross
(916) 643-9145
gabe-ross@scusd.edu

Prime Time Boxers Visit SCUSD School to Knock Out Obesity

Celebrity boxing coaches Angelo Nunez and Cary Williams-Nunez kick off fat-fighting tour in Sacramento on Thursday

March 7, 2012 (Sacramento): Kids at Rosa Parks Middle School will learn the ropes – jump ropes – of how top boxers stay in shape on Thursday at a kick-off event for Prime Time Boxing’s national Knocking Out Obesity Tour.

Prime Time Boxing founders Cary Williams-Nunez and Angelo Nunez will teach students non-contact boxing workout techniques from 8 a.m. to 2 p.m. on Thursday, March 8. Rosa Parks is located at 2250 68th Ave., Sacramento.

Next month, Williams-Nunez, a former prize-winning amateur boxer and fitness expert, and Nunez, a pro-boxer who once fought Oscar De La Hoya, will travel to 10 of America’s “fattest” cities (according to Men’s Fitness magazine) to show kids how to become healthier. They are kicking off the tour at Rosa Parks, where they will lead students through exercises with jump ropes and other equipment at the school. If a school doesn’t have jump ropes, the couple donates them.

“Because of the childhood obesity epidemic, we choose one middle school in each city where we can make an impact on students in their physical fitness and eating habits,” says Williams-Nunez. “Educating them on physical fitness and nutrition is critical.”

Sacramento City Unified School District is dedicated to improving the health of its 44,000 students. Research shows that healthier students miss fewer days of school and perform better academically. Healthier students are also more confident in class and happier among their peers. SCUSD initiatives to increase child wellness include the Healthy Foods Task Force, which is bringing more locally grown vegetables and fruit to cafeterias, and the Immunization Clinic at the SCUSD Enrollment Center, which has provided free booster shots to hundreds of students since opening last July.

WHAT: Knocking Out Obesity Tour Kick-Off
WHEN: 8 a.m. to 2 p.m. on Thursday, March 8
WHERE: Rosa Parks Middle School
2250 68th Ave., Sacramento, CA 95822