



*Prince George's County
Council Member
Ingrid M. Turner
(D) – District 4*

NEWS

For Immediate Release
Monday, February 21, 2011

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**COUNCIL CHAIR INGRID M. TURNER ENCOURAGES HEART HEALTHY EXERCISE
AT HIGH BRIDGE ELEMENTARY SCHOOL**

Turner Will Visit Classes and Present Jump Ropes

Prince George's County Council Chair Ingrid M. Turner (D) – District 4, will visit High Bridge Elementary School students on Friday, February 18, 2011 at 9:00 a.m. as part of her Healthy Counties Initiative to encourage them to exercise by jumping rope.

Council Chair Turner wants to help the students understand how important it is to go outside and play. "In this age of computers, smart phones and video games, our children are staying inside more and are not as active as they should be. Through my Healthy Counties Initiative, I plan to provide jump ropes to encourage children to get outside and play. It is vital for an overall healthy lifestyle to exercise and eat right."

NEED QUOTE FROM SCHOOL

Council Chair Turner will tour various classes and present jump ropes and activity books on fitness and eating healthy to the students.

WHO: Council Chair Ingrid M. Turner, District 4

WHAT: Healthy Counties Initiative – Jump Ropes and Activity Books

WHEN: Friday, February 18, 2011, 9:00 a.m.

WHERE: High Bridge Elementary School, 7011 High Bridge Road, Bowie, MD 20720

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All legislative powers of Prince George's County are vested in the County Council. The County Council sits as the District Council on zoning and land use policy, and as the Board of Health to govern and guide health policy. The County Council meets as a legislative body on Tuesdays in the Council Hearing Room on the first floor of the County Administration Building in Upper Marlboro. For more information on the Prince George's County Council, please visit www.princegeorgescountymd.gov.

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