



## **PROJECT FIT AMERICA® Press Release**

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### **Hattiesburg Student Sets National Fitness Record!**

Rowan Elementary School-Hattiesburg – April 21, 2010

We want to share with you an awesome story about Rowan Elementary School in Hattiesburg and a very special student who set a National record for the Project Fit America (PFA) Step Test Station on the HIGHEST Step!

Tremaine Berry is a 5th grade student at Rowan Elementary. On Tuesday, March 13, he set a Project Fit America National Record on the highest step of the Step Test Station Equipment with 3,757 steps. It took him 2 hours and 45 minutes to complete this task, with kids in the PE classes taking him water about every thirty minutes.

PFA is a national public charity that donates PE programs and equipment to schools nationwide. PFA has been working in partnership with grant funds from the Blue Cross & Blue Shield of Mississippi Foundation since 2006 to bring programs to over 100 schools statewide in Mississippi. Rowan Elementary School got a grant for this program in 2008. Included in this program is permanent outdoor fitness equipment with 7 exercise stations in a cluster formation. Students can achieve Bronze, Silver, Gold, KONG, Top KONG and KONG ELITE levels of equipment usage:

[http://www.projectfitamerica.org/chart\\_challenge/index.html](http://www.projectfitamerica.org/chart_challenge/index.html)

Our program is not about the elite athlete. We have levels of challenge kids can work toward and every now and then a student discovers they have what it takes to go to the KONG ELITE National Record Holder Level. Tremaine Berry is one of those special kids. All the students got excited for Tremaine, cheering him on and celebrating the success of one of their own being a National Record Holder...real school pride in action!

"Tre" is a very athletic kid, who has the drive to be the best student and athlete he can be. He stands in at a little over 4'1 and weighs 74 lbs! His size has never been a factor, and he has never used it as an excuse. Tre also has asthma and has an inhaler in his pocket at all times. When he came to my class on Tuesday, his class already knew about our pre/post test we were doing this week. Last year a kid in his grade, Jamarcus Lang, set the low step record for Project Fit America. Tre kept saying he was going to beat Jamarcus's record, but I wouldn't tell him what the number was because I wanted him to do his very best. As soon as we got outside, Tre goes right to the high steps and began his quest for the record. The weather is about 75 to 80 degrees, even at 9:00 when he started. Tre stuck with it, with me and the other coach taking shifts to watch him. Tremaine deserves this award and recognition, said Coach Brent Barham."