



NEWS

FOR IMMEDIATE RELEASE:

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GREENWICH BASED ORTHOPAEDIC FOUNDATION ANNOUNCES GRANTS FOR AN AFTER SCHOOL PHYSICAL ACTIVITY PROGRAMS

The Orthopaedic Foundation for Active Lifestyles is proud to announce a new effort to help our children lead healthier lives by offering four financial awards in Fairfield County designed to encourage involvement in physical activity. The Foundation will reimburse one student per age group up to \$500 to fund an after school activity that involves physical activity. The age groups are 6-8 years old, 9-13 years old, and 14-18 years old. There will be one individual winner per age group. In addition, the Foundation is offering a \$1,000 award to an After School Program that takes active living to heart.

Children aged 8-18 spend up to 7 ½ hours per day focused on television, computers, video games, cell phones, and movies (www.letsmove.gov). Studies on children aged 9-10 have shown that children who are more physically fit also experience increased brain development. Clearly, we desperately need a push to get children involved in after school physical activities (Reynolds, Gretchen. "The Fittest Brains." *The New York Times*. Sept. 19, 2010).

Kevin D. Plancher, MD, Chairman of the Orthopaedic Foundation for Active Lifestyles (www.ofals.org) said, "We want to do our part by funding adolescent involvement in an after school activity for the Spring semester 2011 or the summer of 2011. We feel this is a unique response to a major issue facing our children and it directly involves them in finding a solution."

All applications are due no later than March 1, 2011. Please note that there are no financial criteria to apply for these awards. One winner will be picked from each of the categories, and the winner will be informed by March 15, 2011.

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Orthopaedic Foundation for Active Lifestyles (OFALS)

31 River Road Cos Cob, Connecticut

www.ofals.org

Criteria

Age	Prompt
6-8	In half a page, hand written, say what you love about your favorite after school activity.
9-13	In one-two pages, typed, state why you want to participate in any after school activity of your choice.
14-18	In two pages, typed, explain which specific afterschool activity you are interested in participating in and why.

For the \$1,000 award to help fund an after school program please submit an essay on why this particular program is unique. Describe the level of activity the program hopes to achieve. There are no specific guidelines regarding the kind of program as long as it encourages students to keep up an active lifestyle. Submissions in this category will also be accepted from a team leader or adult supervisor. Little League teams fall into this category as well.

Please mail applications to The Orthopaedic Foundation for Active Lifestyles; 31 River Road, Cos Cob, CT 06807. Completed applications can be faxed to 203-869-4040. Please include name, age, address, and e-mail. For more information please e-mail ofalsadmin@gmail.com.

About Orthopaedic Foundation for Active Lifestyles (OFALS)

Based in Greenwich, Connecticut, The Orthopaedic Foundation for Active Lifestyles (www.ofals.org) is a not-for-profit organization whose principal mission is to promote an active and healthy lifestyle for all age groups, support, develop and encourage research and education concerning orthopaedic care and advancements in technologies and treatment of arthritis, orthopaedic injuries and musculoskeletal diseases. Focusing on medical education for doctors and other health care professionals, research and community outreach, the Foundation was developed by Kevin Plancher, MD, a resident of Greenwich and one of the leading orthopaedic surgeons in the Northeast. www.ofals.org

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