

News from U.S. Rep. John Spratt (D-SC)

Assistant to the Democratic Leader

Ranking Member, Committee on the Budget

US House of Representatives – Washington, DC

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Chesterfield Schools Honored for Fitness Programs

WASHINGTON — U.S. Rep. John Spratt (D-SC) announced today that two Chesterfield County schools have been named “State Champions” by the President’s Council on Physical Fitness and Sports.

Jefferson Middle School and Cheraw Intermediate School were selected based on their achievement in the *President’s Challenge* Physical Activity and Fitness Awards program.

The program, available to the nation’s schools since 1958, offers presidential recognition and awards for fitness to all participating young people. The program offers a range of fitness levels to show that everyone is a winner in fitness.

The *President’s Challenge* measures four components of physical fitness: a one-mile run/walk for heart and lung endurance; curl-ups for abdominal strength and endurance; a “sit and reach” stretch for muscular flexibility; pull-ups for upper body strength and endurance; and a shuttle run for agility.

“I commend these schools and their students for their accomplishments in fitness,” Spratt said.

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