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Penny Road teachers staged a ribbon-cutting to celebrate the opening of the school's fitness room. The facility will be available to health classes, Penny Road staff and PTA Board members.

## Penny Road has room for health

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Dec. 13 marked the grand opening of the new Penny Road Health Room.

Physical education teacher Mrs. Kanters cut the ribbon held by health teachers Ms. Hughes and Mrs. Flory. Penny Road is the first school in Wake County to offer health as a weekly special in a fully equipped wellness room.

The new health room, located across from the library, consists of treadmills, exercise bikes, elliptical trainers, balance balls, mats, weights, a television and a music system.

Mrs. Flory, the new health teacher, will instruct the students for 20 minutes each week. Stu-

dents will have the opportunity to enhance their physical activity level in addition to learning how to lead a healthy lifestyle. Students spend the first portion of their health class learning and discussing the health topic of the week. Then they exercise using light weights, exercise bands and balance balls. Elliptical trainers, treadmills and exercise bikes are not used by the students nor are students allowed in the room unless it is for a class.

The large exercise equipment is available to all Penny Road staff members and the PTA Executive Board before and after school. Staff members are also participating in Healthy Challenges.

Look for Penny Road teachers at the Cary Road Race, which is one of the school's fitness challenges.

The new health and fitness room has been made possible by a grant from the John D. Rex Endowment awarded to Penny Road. This grant allows the school to enhance existing programs, offer new programs, develop a sustainable health program and outfit a school wellness center. The new Penny Road School Health Advisory Committee is dedicated to improving the health and physical activity levels for Penny Road students, staff and community.

Over the next three years, the Wellness Center will be utilized for the health room, health curriculum, equipment and a nutrition program through Personalized Nutrition Inc. and Meredith