

Media Advisory
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Contact: Charles T. Cappetta, MD
p.(603) 577-4400
f.(603) 577-4454
drchuck@granitestatefitkids.org



Granite State FitKids Announces Teaching Milestone

(Nashua, NH) – The Granite State FitKids program has recently reached a milestone announcing that the number of children taught in the program has surpassed the 20,000 mark. Since its inception in 1997, Granite State FitKids has taught an impressive 20,110 kids. The program has been implemented in 46 schools throughout southern New Hampshire and northern Massachusetts and has been instituted in a total of 909 classrooms.

Granite State Fits Kids, or GSFK, is an interactive health awareness program for kids in New Hampshire and Massachusetts. It targets the ages of 9-10 and is designed to teach children about the importance of personal health and physical fitness. GSFK involves an array of both aerobic and non-aerobic activities that promote wellness.

The curriculum of GSFK uses a variety of educational strategies including lecture, group discussions and interactive student activities such as games and projects. GSFK promotes the use of the 5 E's including Excitement, Enthusiasm, Energy, Exercise and Education.

The program was founded by [Charles T. Cappetta, MD](#). Dr. Cappetta is a pediatrician at Dartmouth-Hitchcock Nashua and adjunct associate professor of pediatrics at Dartmouth Medical School. Dr. Cappetta was recognized by Harvard Pilgrim Health Care as one of eight "Outstanding Physicians". GSFK is supported by MVP Healthcare, Dartmouth-Hitchcock Nashua, St. Joseph Hospital, and Southern New Hampshire Medical Center.

For more information contact Dr. Charles Cappetta at (603) 577-4400, or visit granitestatefitkids.org.