

Peak Fitness, Action for Healthy Kids partner to stop child obesity

Peak Fitness and PSA Auctions are teaming up to raise money for N.C. Action for Healthy Kids, a state affiliate of the national nonprofit dedicated to addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in schools.

Peak Fitness will host several silent auctions, which feature sports and Hollywood memorabilia items such as autographed pictures of Michael Jordan, Tiger Woods, Steve Smith and more.

“Peak Fitness has always given the opportunity to be healthy and fit to adults,” said Peak Fitness President Jeff Stec, “and teaming up with Action for Healthy Kids gives a similar opportunity to the kids. We hope the money raised can help educate and allow kids to live a healthy lifestyle.”

A portion of the proceeds from each auction will be donated to N.C. Action for Healthy Kids.

“We are very excited about this,” said Leigh Ann Edwards, co-chair of N.C. Action for Healthy Kids’ state team. “We are working to make schools places where kids learn about and experience the benefits of good nutrition and a physically active lifestyle.”

The silent auctions will take place at 11 Peak Fitness locations:

Auctions from Oct. 19-26	
South Park (Charlotte) 2101 Rexford Rd	Pineville (Charlotte) 8500 Pineville Matthews Road
Lake Norman (Charlotte) 2420 Catawba Ave	Fuquay Varina 1310 Broad Street
Steele Creek (Charlotte) 11108 S. Tryon St	Matthews (Charlotte) 10404 Independence Blvd
15501 (Durham) 3900 Chapel Hill Blvd	

Auctions from Oct. 20-27	
Concord (Charlotte) 929 S. Concord Pkwy Unit G	Lincolnton (Charlotte) 2620 E. Main Street

Harrisburg (Charlotte) 5650 Highway 49 South	Statesville (Charlotte) 935 Crossroads Drive
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About Peak Fitness:

Peak Fitness was founded in 1999 and has 15 facilities in the Carolinas. The club offers a range of amenities including cardiovascular equipment, free weights, group fitness classes, child watch, basketball courts, tanning packages and personal training.

About N.C. Action for Healthy Kids:

North Carolina AFHK is one of 51 [Action for Healthy Kids](#) state teams. The mission of North Carolina Action for Healthy Kids is to improve children's nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting and implementing national and state initiatives.

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. Healthy schools produce healthy students - and healthy students are better able to learn and achieve their true potential.

If you'd like more information about this topic, or to schedule an interview with David Buzo, please call 704/778-6845 or email dbuzo@peakfitnessus.com.

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