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FOR IMMEDIATE RELEASE

***Ultramarathon Man* Dean Karnazes Runs with Action for Healthy Kids® to Fight Childhood Obesity**

CHICAGO (February 13, 2013) – Dean Karnazes, dubbed the *Ultramarathon Man* because of his legendary endurance running accomplishments, will run in premier road races around the country this year as a member of Action for Healthy Kids' (AFHK) *Team Healthy Kids*. Made up of ordinary people and athletes alike, the team raises money for AFHK's school-based programs that fight childhood obesity.

"I am excited to be partnering again with *Team Healthy Kids* to help stem the rising tide of childhood obesity and inactivity," says Karnazes, once named to TIME magazine's list of the 100 most influential people in the world because of his impact and many athletic accomplishments, including 50 marathons in 50 states in 50 days. "One of the best things we can do is lead by example, and that is why I am encouraging other runners and active individuals to join me in the campaign to improve the fitness of young people across the country."

Members of *Team Healthy Kids* raise money and awareness for AFHK's school-based programs that improve students' access to nutritious foods and increase their opportunities for physical activity by signing up friends, family and other sponsors who pledge financial support for their participation in marathons or other athletic events.

For Karnazes, who has dedicated his life to fitness and endurance adventures, this is a repeat performance. He first laced up his running shoes to raise money for AFHK in 2011 during *Regis and Kelly's Run Across America with Dean Karnazes*. He ran 3,000 miles and raised nearly \$200,000 for the organization. And last year, he participated in the Bank of America Chicago Marathon as a member of *Team Healthy Kids*, which raised a total of \$25,000 for nutrition and physical activity programs in schools around the country.

This year, Karnazes and his *Team Healthy Kids* teammates will run in major road races such as the Bank of America Chicago Marathon and others around the country.

"Everyone at Action for Healthy Kids is excited about working with Dean again because he understands the gravity of the childhood obesity epidemic and the importance of our work," says AFHK CEO Rob Bisceglie. "Since 1980, childhood obesity has tripled, affecting 30% the children in this country. Those kids are more likely to become obese adults and face increased risk for serious medical conditions. That's why we need everyone to join us in this fight. I can't think of a better partner than Dean."

Join Dean Karnazes and AFHK's *Team Healthy Kids*

Anyone can join *Team Healthy Kids* and participate in an athletic event in her own neck of the woods by visiting ActionforHealthyKids.org and clicking on the *Join Team Healthy Kids* link or by emailing TeamHealthyKids@ActionforHealthyKids.org.

About Action for Healthy Kids®

Action for Healthy Kids® (AFHK) fights childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives. The organization partners with a legion of dedicated volunteers - teachers, students, moms, dads, school wellness experts and more - from within the ranks of their 34,000+ constituency to create healthful school changes. After all, *everyone* has a part to play in ending the nation's childhood obesity epidemic. AFHK's programs, tools and resources make it possible so that many people can.

AFHK's grassroots efforts are supported by a collaboration of more than 70 organizations, corporations and government agencies. Working together, they're giving kids the keys to health and academic success by meeting them where they are - in the classroom, in the cafeteria and on the playground - with fun physical activity and nutrition lessons and changes that make it possible for them to eat nutritiously and play every day. More information is available at www.ActionforHealthyKids.org, on Facebook at <http://www.facebook.com/pages/Action-for-Healthy-Kids/267076500068?ref=mf> and on Twitter at <https://twitter.com/Act4HlthyKids>.

About Dean Karnazes: Known as the "Ultramarathon Man," Dean Karnazes has defied the limits of human endurance, running hundreds of miles nonstop in some of the world's most extreme environments. Named by *Men's Health* Magazine as one of the "100 Greatest Athletes of All Time," he is a passionate supporter of kids' fitness and health programs and has worked tirelessly to bring more recognition and funding to this critical issue. To learn more about Dean and his many adventures, go to: www.UltramarathonMan.com.

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