

## Mount Itasca offering Fun, Fitness and Healthier Foods

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The obesity statistics are staggering: the current generation of children is the first generation in two centuries that may have a shorter life expectancy than their parents. Both active living and good nutrition play an important role in keeping families healthy and preventing obesity and chronic diseases that are associated with it. As Get Fit Itasca gears up for a healthy new year, we are looking at stars in the community who embrace active living and healthy eating.

Kudos to the Mount Itasca Winter Sports Center. The sports center provides downhill, snowboard, biathlon, cross country, ski jumping, and Nordic skiing opportunities. On Saturdays, Mount Itasca is partnering with the YMCA and Arrowhead transit to get kids out on the hill. For a \$17 fee, children (age 9 and up) receive an all day ski pass, equipment rental and transportation to and from the YMCA.

From a healthy eating perspective, the chalet concession stand provides many of the typical treats, but this year the staff has made an effort to offer more nutritious foods as well. Jeff Fortune general manager of Mount Itasca commented, “We wanted to have healthier offerings for the Olympic Athletes and families that come here.” Now, there is only one candy bar to choose from and donuts and cookies have been swapped for blueberry muffins. Other healthier options on the menu include: cheese sticks, sub sandwiches, chili, granola bars, and fresh fruit.

For more information on Mount Itasca check out their website at [www.mtitasca.com](http://www.mtitasca.com). For healthy eating tips for all ages check out: [www.eatright.org](http://www.eatright.org).