



Dr. Andy Baldwin's
Cross PA Health Ride
& Kids Fitness Days
October 2-10, '09

For Immediate Release

Contact: Randy Vulakovich
(412) 562-1877
randy.vulakovich@bipc.com

Celebrity Doctor Andy Baldwin and Pittsburgh Mayor to Lead Healthy Lifestyles Day at Pittsburgh Lincoln K-8

Pittsburgh is starting point for Lancaster, Pa. native Dr. Baldwin's Cross PA Health Ride

Pittsburgh, Pa. (September 28, 2009) – Pittsburgh Lincoln K-8 will host Pittsburgh Mayor Luke Ravenstahl and U.S. Navy Lieutenant Commander, physician, humanitarian and former star of ABC's *The Bachelor*, Dr. Andy Baldwin during a day of healthy living activities on Friday, Oct. 2 as part of Dr. Baldwin's Cross PA Health Ride & Kids Fitness Days 2009.

"I'm looking forward to spending some time in Pittsburgh and engaging students and the community in some great activities," said Dr. Baldwin. "I've always been an advocate for healthy living and it's essential that children realize the impact healthy decisions can make on their lives, now and in the future."

To bring awareness to the alarming epidemic of childhood obesity, Dr. Baldwin has organized the Cross PA Health Ride during "Children's Healthy Lifestyles Week," October 4 – 10. He is leading a group of cyclists on a seven-day, 420-mile ride across Pennsylvania that will utilize experiential learning, publicity and promotional activities in seven schools across the state to help equip families, teachers, and all residents of Pennsylvania with information and tools to help improve kids' physical activity levels and

nutritional habits. Dr. Baldwin's Health Ride will begin in Pittsburgh on October 2 and culminate with a finale on the steps of the Philadelphia Art Museum on October 10.

The Pennsylvania House of Representatives has introduced a resolution proclaiming the first week in October officially "Pennsylvania Youth Healthy Lifestyles Week" to coincide with Dr. Baldwin's Cross-PA Youth Outreach Ride.

"We are very pleased that Pittsburgh Lincoln was selected as one of the schools where Dr. Baldwin will share his message," remarked Dr. Regina Holley, Principal at Lincoln. "The events planned for October 2 are a great kick-off to our school's efforts to promote healthy eating and active living throughout the school year."

"I am thrilled that the Mayor is leading the children through Healthy Lifestyles Day at Pittsburgh Lincoln with me", said Baldwin. . "He leads by example and is committed to promoting healthy behaviors, and creating safe recreational areas throughout Pittsburgh Under Mayor Ravenstahl, Pittsburgh hired its first Sustainability Coordinator, Bike and Pedestrian Coordinator, and Urban Forester

Dr. Baldwin, and the Mayor will ride their bikes to Pittsburgh Lincoln and arrive at approximately 9:45am on Friday, October 2. At 10:30am, Lincoln's Student Council President will kick off the Healthy Lifestyles Day by introducing the Mayor, Dr. Baldwin, and the PTA President for the school. Dr. Baldwin will talk with the students about the U.S. Surgeon General's initiative called "Healthy Youth for a Healthy Future". Then Dr. Baldwin, Mayor Ravenstahl and other community leaders will lead the school children in an educational and interactive program getting them up and moving. The morning's event will conclude with honoring local community groups that have demonstrated excellence in fighting childhood obesity, and also with healthy "giveaways" for the students.

Media interviews will be available immediately following the assembly. Media questions please contact Randy Vulakovich at (412) 562-1877 or randy.vulakovich@bipc.com

About LCDR Andy Baldwin, M.D.

A Lancaster, PA native, Dr. Baldwin serves as a spokesman and advocate for Navy medicine. Additionally as an Ironman triathlete and National Health/Fitness Specialist, he assists the U.S. Surgeon General with the **Healthy Youth for a Healthy Future** initiative - a national program combating childhood overweight and obesity. For more information about Dr. Baldwin, visit www.andybaldwin.com.

About Pittsburgh Mayor Luke Ravenstahl

Luke Ravenstahl became the 59th Mayor of the City of Pittsburgh on September 1, 2006, upon the untimely death of Mayor Bob O'Connor. Ravenstahl was officially elected Mayor of the City of Pittsburgh, "America's Most Livable City," in a special election in November of 2007. The 29-year-old Pittsburgh native still holds the distinction of being the youngest mayor of any major U.S. city. For more information on Mayor Ravenstahl visit

http://www.city.pittsburgh.pa.us/mayor/html/about_the_mayor.html.

About Pittsburgh Lincoln

Pittsburgh Lincoln K-8 primary campus is located at 328 Lincoln Avenue, Pittsburgh PA 15206. Principal Regina B. Holley Ph.D. along with Vice Principals Ms Flowers and Mrs. Adams provide a safe and technologically advanced environment that inspires students and staff to learn every day. Working with the community ,Pittsburgh Lincoln offers special programs to include D.A.R.E.; "Communities that Care;" Full Day Kindergarten; Title I School Wide Project; Early Childhood Initiative; Early Learning Skills Program; Parent Empowerment; Inclusion Program; Instructional Support Team; African Drums; African Dance; Computer Club; Junior Achievement; Youth Crime Watch; Black History Challenge; Full Day Head Start Program; New Directions and Next Generation Student Assistance Programs; Unity Picnic; Bring Your Parent to School Day; Open House/Parent Conference Day; Writing Odyssey; and now, the PA Health Ride!

For more information on Pittsburgh Lincoln K-8,
please visit <http://www.pps.k12.pa.us/lincoln/site/default.asp>.

For more information about the Cross PA Health Ride & Kids Fitness Days 2009 and how you can participate, please visit www.healthride.org.

###