

Warrior Kids Challenge benefits Boys and Girls Club

[Start slideshow](#)


Youngsters participate in parachute activities during the recent Warrior Kids Challenge in Circleville.



Youngsters participate in parachute activities during the recent Warrior Kids Challenge in Circleville.



Posted Wednesday, October 9, 2019 12:46 pm

By Sharon MacGregor

On Saturday, September 28, AYO Fitness, Catskill Regional Medical Center, and Orange Regional Medical Center, with support from numerous sponsors including the Town of Wallkill, held their first annual Warrior Kids Challenge at the Circleville Town Park. All proceeds raised benefit the Town of Wallkill Boys and Girls Club. Over 150 children pre-registered with the number of participants swelling to about 200 in total.

The event was designed to combine a fun, physical event while teaching the “5-2-1-Almost None” philosophy. The lesson is for children to eat 5 fruits or vegetables each day, limit screen time to 2 hours, exercise or play for 1 hour, and consume almost no sugary drinks.

Asked to give more details behind the decision to hold the Warrior Kids Challenge, Amanda Alangseider explained, “As childhood obesity rates are declining around the country, they are increasing in Orange and Sullivan Counties.” Since these are areas served by the Boys and Girls Club, the partnership is ideal to provide meaningful education to both the kids and their families.

Damola Akinyemi of Ayo Fitness, leader and organizer of the course, with assistance from many volunteers, ensured everyone was excited to participate and had a great time while learning how to improve their physical health. Children were separated into three groups based on age, then raced, and participated in age appropriate obstacles before receiving a participation medal and goody bag. The Warrior Kids all seemed to enjoy themselves from start to finish and will hopefully remember the rules they were taught during the Challenge.