

NFL PLAY 60 fights childhood obesity



Members of the Oakland Raiders offensive line recently spent their only day off of the week tutoring youngsters during a Junior Training Camp last month.

Raiders offensive linemen Stefen Wisniewski, Mike Brisiel, Alex Parsons, Jared Veldheer, Tony Bergstrom and Lucas Nix took youngsters from San Leandro's Washington Elementary School through football drills and delivered the message of maintaining fitness and proper nutrition.

“We were just playing with these kids out here and they were awesome,” said center Stefen Wisniewski. “They were so excited and gave a lot of great effort. We were really having fun. We’re just trying to show them the importance of exercise.”

The event was in association with NFL PLAY 60, a league-wide effort to fight childhood obesity by getting kids active for at least 60 minutes a day.

The free youth football clinics facilitated by the Raiders are geared towards boys and girls ages 7-12. Junior Training Camp features the educational and recreational benefits of football presented in a safe and fun environment.

“We’re really grateful that they took the time to come out and be here with us,” said Washington Elementary School Principal Tracy Lantz.

For the second consecutive year, communities across the country can enter for a chance to receive a visit from the NFL PLAY 60 Bus featured in the PLAY 60 commercials. Schools and community centers can enter the NFL PLAY 60 Bus contest by writing two short essays and submitting a photo on how the PLAY 60 Bus could help the youth in their town get more active and healthy.

One deserving community will receive a visit from the PLAY 60 Bus full of sports equipment and gear. Visit www.NFLRUSH.com to learn more.

CAPTION: Oakland Raiders tackle Jared Veldheer encourages a student from Washington Elementary School during a recent Junior Training Camp held at the school's campus.

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