



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

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FOR IMMEDIATE RELEASE

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**MAYOR LEE HARRIS ANNOUNCES VISIT TO GRAHAMWOOD YOGA CLUB AND
RECOGNITION OF GRAHAMWOOD PE TEACHER ANDY MARTIN**

*The visit is to raise awareness around prevention of childhood diabetes as part of the
healthyShelby'20 programing.*

MEMPHIS, TN – Mayor Lee Harris aims to increase access and awareness for healthy choices with the healthyShelby'20 campaign. This year, a special emphasis will be placed on awareness and prevention of childhood diabetes. The first event will highlight the exceptional work of Coach Andy Martin, the Physical Education teacher at Grahamwood Elementary. Coach Martin has gone above and beyond in creating programs that keep the students moving, including a run club, yoga club, and skating club.

According to the Centers for Disease Control, being physically active lowers the risk for type 2 childhood diabetes because it helps the body use insulin better and can result in weight loss. The CDC also reports that being overweight is closely tied to diabetes and estimates one-third of children are overweight.

**Yoga Club at Grahamwood Elementary
3950 Summer Avenue Memphis, TN 38122
March 5, 2020 3pm - 4pm**



Mayor Lee Harris: “Our goal is to create a culture of health in Shelby County. We have to raise awareness around healthy eating, physical fitness, and mental health is key to a healthier Shelby County for all. We are excited to honor Coach Andy Martin, someone leading the way on awareness and prevention of childhood diabetes. This important mission ensures better health for the next generation.”

Shelby County Commissioner Michael Whaley, Superintendent Joris Ray, and Mayor Harris will join Coach Martin to participate in Yoga Club with the students.

Commissioner Michael Whaley: “It’s fantastic to see such innovative leadership from our educators by bringing unique, health-focused programs into our elementary schools. It’s a privilege to highlight Coach Martin at Grahamwood Elementary.”

Shelby County Schools Superintendent Dr. Joris M. Ray: “Our mission is to serve the whole child and physical education plays a key role in strengthening motor and social skills as well as improving physical and mental health. We are so grateful to join Mayor Harris in recognizing Coach Martin’s years of service and dedication to students.”

Grahamwood Elementary Coach Andy Martin: “It is essential to instill a love of athletics, play, and movement in children as early as possible. In this culture of streaming television and video games, it’s more important than ever to keep our students active. As the PE teacher at Grahamwood Elementary, it brings me great joy to see the children grow a love of exercise and being outdoors.”

Future healthyShelby’20 events include the Walk with the Mayor at The Heights of Spring event on April 25, the Ride with the Mayor community bike ride on May 12, and the healthyShelby’20 5K on October 17.

Participants in the fitness events with the Mayor acknowledge the risk of injury and, through voluntary participation, waive any and all rights, claims, or causes of action of any kind whatsoever arising out of participation in these events.

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