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Insipired to Move

Nydia Padilla-Rodriguez, dance instructor, educator and mentor, has been named a Healthy Hero by the Greater Rochester Health Foundation (GRHF). Padilla-Rodriguez has volunteered her time to inspire Hispanic and African American youth for over 20 years and teaches at-risk youth about healthy lifestyles and being physically active. Through her involvement with the not-for-profit Borinquen Dance Theatre, Inc., children as young as eight years are engaged in continual physical activity two to three hours a week for two hours at a time.

According to GRHF president and CEO John Urban, “Padilla-Rodriguez expanded her daily volunteer commitment to the health of young people not only through dance but by involving a nutritionist to help students make healthy meal choices and to learn about good nutrition. She mentors and guides young people to be inspired by the physical movement of dance and to lead healthy, productive lives.”

“Dance is discipline. I believe it’s important to teach our youth to treat their body as a sacred temple. You can eat healthy, exercise and nurture your spirit of being through the art of dance,” says Padilla-Rodriguez

The Greater Rochester Health Foundation wants to recognize people who are helping kids stay healthy. These are individuals or groups that have gone above and beyond their normal duties to successfully impact children's nutrition and/or physical activity. Healthy Heroes are awarded $500 that is to be donated to the
organization of their choice in the spirit of improving the health of children through increased physical activity and improved nutrition. People interested in nominating Healthy Heroes may visit www.beahealthyhero.org.

The mission of the Greater Rochester Health Foundation is to improve the health status of all residents of the Greater Rochester community, including people whose unique healthcare needs have not been met because of race, ethnicity or income. Three major areas of focus for the Foundation are prevention, health system improvement and neighborhood health status improvement. Within the prevention realm, helping children maintain a healthy weight is a major focus of the Foundation.

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Media may contact Nydia Padilla-Rodriguez at 261-5464 or at npr@rochester.rr.com.