

**PRESS RELEASE  
FOR IMMEDIATE RELEASE  
September 14, 2015**

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### **National Police Athletic League Partners with Youth Wellness Initiative**

(Jupiter, FL) – On August 25, the National Association of Police Athletic/Activities Leagues (PAL) partnered with the Good To Go Gang (GTGG), a wellness initiative aimed to help elementary school children eat well, exercise and make good decisions. The GTGG program uses animated characters to guide students in quick five-minute exercise bursts throughout the day and teaches them about nutrition and how to make better eating choices.

“Our partnership with the Good To Go Gang will enhance not only our ability to fulfill the mission, goals and objectives of National PAL, which include strengthening the bond between youth and law enforcement, but it will enhance current healthy and active living programs,” says National PAL Executive Director Mike Dillhyon.

National PAL exists to keep young people out of trouble by channeling their energies into recreational and athletic programs. For more than 90 years, PAL programs have expanded to meet new challenges faced by inner-city youth.

“We are very excited to be aligned with the Police Athletic League,” says Joy Kavanaugh, co-founder and CEO of GTGG. “This partnership will help bring our message of making better choices at a time in kids’ lives when they need that message reinforced and will respond to fun and adventurous characters.”

The animated program takes kids to ski slopes, medieval jousting arenas, and ancient Mayan temples, making exercises and learning a fun adventure.

“The kids love the characters,” says GTGG Animation Director Monty Clark, “which is an important aspect of the program to reach these children early and establish healthy lifestyle choices. We’ve had particular success with special needs kids.”

PAL is based on the conviction that young people – if they are reached early enough – can develop strong positive attitudes towards police officers. Studies have shown that if a young person respects a police officer on the ball field, gym or classroom, the youth will likely come to respect the laws that police officers enforce. Such respect is beneficial to the youth, the police officer, the neighborhood and the business community.

“It is our belief that kids that eat healthy nutritious meals and participate in a physically active lifestyle tend to do better in school, which enhances self-esteem, leading them to be less likely to fall victim to bullying or other negative behaviors and more likely to make healthy decisions,” concludes Dillhyon.

National PAL currently has over 350 chapters in 46 states, DC, US Virgin Islands, and Nigeria. We will provide information and promote the Good To Go Gang to all of our local programs.

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