

PALM BEACH, Fla., Oct. 2, 2013 /PRNewswire/ -- The second annual Apple a Day Program is scheduled to begin on October 2, 2013, and is facilitated by The School District of Palm Beach County, in conjunction with Wells Fargo Insurance Services, United Health Care, Onehealth, Garth Solutions and Brightlife. October 2012 saw the first ever program which was a smash success. The school district is expecting the 2013 program to be even more successful.

At a time when the national narrative of health and wellness seems to be getting more complicated, the Apple a Day Program is deceptively simple and proving to be equally impactful. It encourages healthier food choices and lifestyles by challenging teachers to eat up to two apples a day for the duration of the program. All district personnel are encouraged to participate. Last year's event saw thousands of participants and over 4,000 pictures submitted with even students and parents getting into the act.

"This was an easy, fun program that offered competition and the motivation to be healthy. We know fruits and vegetables are essential to a healthy diet and most of us don't get enough of them. It was inspiring to see how the program benefited not only the staff, but students, parents and the community," said Kim Sandmaier, the district's wellness coordinator.

2013's Apple a Day Program is set to be even more enjoyable for all. The Palm Beach Wellness Team has been hard at work, developing the program for a better end-user experience, and participants will have the ability to submit photos online, through MMS text messaging and through email. There will also be bonus activities each week announced via email and posted on the program's [website](#).

This year's Program begins on October 2, 2013 and will run through October 29, 2013. To participate, district personnel only need to register at the website, eat at least an apple a day (and take a picture of it), submit those daily pictures to earn points, and then check the website for updates. Participants can also earn extra points by completing bonus activities. Contestants may eat healthy alternatives other than apples, and submit a picture for a point as well, so long as those foods are approved nutritious equivalents.

To learn more about the district's Apple a Day Program visit <http://www.PBApples.org> .

About the School District of Palm Beach County: The School District of Palm Beach County is the eleventh largest in the nation and the fifth largest in the state of Florida with 185 schools, serving more than 177,000 students who speak 150 languages and dialects. As the largest employer in Palm Beach County, the School District has nearly 21,000 associates, including 12,627 teachers. To learn more about The School District of Palm Beach County, please visit www.palmbeachschools.org

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