



For Immediate Release  
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**St. John's Children's Hospital unveils *Kohl's Hands on Healthy* kiosks**  
*Grant from Kohl's supports outreach program to combat childhood obesity*

SPRINGFIELD – Thanks to generous support from Kohl's Department Store, St. John's Children's Hospital today unveiled a new interactive education program designed to teach children about the importance of exercise and proper nutrition. Kohl's, through the Kohl's Cares for Kids® program, provided support to St. John's Children's Hospital to create the new *Hands on Healthy* traveling educational program. Students at Wanless Elementary School were among the first students to participate in the program.

*Kohl's Hands on Healthy* consists of four interactive health kiosks designed for students grades Pre-K through 8th grade. The kiosks, which can be set up at schools, health fairs and other community events, provide students with the ability to learn about nutrition and exercise in an entertaining way. The kiosks have a variety of age appropriate activities to teach users health habits through a hands-on experience and active learning.

“Our goal is to help children understand the importance of healthy eating and regular exercise. *Kohl's Hands on Healthy* is a fun, interactive means of giving kids the tools to establishing good habits that will benefit them throughout their lives,” said Dr. Mark Puczynski, chair of Pediatrics for SIU School of Medicine and medical director for St. John's Children's Hospital.

*Kohl's Hands on Healthy* is designed to address the epidemic of childhood obesity. Currently, central Illinois students will only have two semesters of health education classes between kindergarten and their senior year of high school. Studies show that a lack of exercise and nutrition is affecting the academic achievement of students. Due to increasing waist sizes, the incidence of type II diabetes has tripled in school-aged children over the last 6 years; by the age 30, these children will be experiencing illness and disease adults have historically experienced at age 60. The goal of *Kohl's Hands on Healthy* is to create fun learning through

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hands-on activities that empower students of all ages to make healthy choices and overcome negative lifestyle habits.

The interactive displays were designed by RedBox Workshop, Ltd of Chicago, which is also designing the interactive displays for the Kidzeum of Health and Science, planned for Southwind Park on Springfield's south side. The interactive kiosks are being designed so that they can be easily transported and set up at events across central Illinois. Hospital Sisters Health System hospitals in Litchfield, Springfield, Decatur and Effingham will work with area schools and community groups to make the kiosks available.

"Kohl's Department Stores is an extremely important partner with St. John's Children's Hospital as their support allows us to meet a very critical component of the hospital, which is the community outreach and education of children to keep them healthy and teach them skills which will benefit them throughout their lives," said Kristine Myszka, interim director of Philanthropic Development.

Kohl's commitment to St. John's Children's Hospital is made possible through the Kohl's Cares for Kids program, which raises funds for children's health and educational opportunities through the sale of \$5 books and plush toys. Net profits from the sales go to support children's health and educational opportunities in the communities Kohl's serves. Kohl's has gifted approximately \$770,000 to St. John's Children's Hospital since 2001.

### **Kohl's Department Stores**

Based in Menomonee Falls, Wis., Kohl's (NYSE: KSS) is a family-focused, value-oriented specialty department store offering moderately priced, exclusive and national brand apparel, shoes, accessories, beauty and home products in an exciting shopping environment. Kohl's operates 1,059 stores in 49 states. A company committed to the communities it serves, Kohl's has raised more than \$126 million for children's initiatives nationwide through its Kohl's Cares for Kids(R) philanthropic program, which operates under Kohl's Cares, LLC, a wholly-owned subsidiary of Kohl's Department Stores, Inc. For a list of store locations and information, or for the added convenience of shopping online, visit [www.kohls.com](http://www.kohls.com).

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