

For Immediate Release

Contact: Gabe Ross
(916) 643-9145
gabe-ross@scusd.edu

Prime Time Boxers Visit SCUSD School to Knock Out Obesity

Celebrity boxing coaches Angelo Nunez and Cary Williams-Nunez kick off fat-fighting tour in Sacramento on Thursday

March 7, 2012 (Sacramento): Kids at Rosa Parks Middle School will learn the ropes – jump ropes – of how top boxers stay in shape on Thursday at a kick-off event for Prime Time Boxing's national Knocking Out Obesity Tour.

Prime Time Boxing founders Cary Williams-Nunez and Angelo Nunez will teach students non-contact boxing workout techniques from 8 a.m. to 2 p.m. on Thursday, March 8. Rosa Parks is located at 2250 68th Ave., Sacramento.

Next month, Williams-Nunez, a former prize-winning amateur boxer and fitness expert, and Nunez, a pro-boxer who once fought Oscar De La Hoya, will travel to 10 of America's "fattest" cities (according to Men's Fitness magazine) to show kids how to become healthier.