



Henry Gets Moving in Delaware County

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What is Henry Gets Moving?

INTRODUCTION:

The program was born from an initiative to reduce obesity, especially in children, by educating them- and through them, educating their parents- about diet and exercise to adjust to making habits of healthy lifestyle behaviors. The project is based on the Henry Gets Moving book, that has a focus on getting moving and eating healthy. The book is in both English and in Spanish. We go to the schools to work with the students at the elementary school to educate them on the areas of exercise and nutrition.

SHORT TERM GOALS:

1. Educate community members from a young age
2. Teach valuable educational skills that transfer over multiple stage of life
3. Provide skills that can immediately and chronically affect the community and its demographics
4. Allow an opportunity for current college students to apply their education to other opportunities outside of the classroom, preparing them for the future

LONG TERM GOAL:

1. Teach healthy lifestyle habits
2. Encourage the kids to take these healthy habits back to their families, encouraging their families to be active as well

HOW IS ADDRESSES LOCAL CHALLENGES:

As of 2018, Muncie recorded a high prevalence (31.5%) of overall obesity, with childhood obesity rates as high as eighteen percent (Data USA, 2018). In other words, almost one-third of Muncie and almost one-fifth of those under seventeen years old has a BMI over 30 and is considered obese. The goals for this project are to provide education to students in the areas of exercise and nutrition, materials given can be shared with parents.

HOW THE PROJECT IS PROMOTED:

This project is promoted through word of mouth and through emailing principals of schools in the area.

Student Driven

Undergraduates majoring in the Exercise Science and registered for Fundamentals of Exercise Prescription EXSC 301 with Mrs. Koontz are able to participate in this project. The students travel to the schools, if possible, or work virtually with the students in a real-world scenario, focusing on exercise and physical activity with the hopes the kids enjoy it and want to do it for their future and pass the information they are learning to their parents. Nutrition is also addressed through MyPlate activities, as well as in the past we have partnered up with Purdue Extension. These individuals specialize in nutrition and provide activities to teach the kids. BSU students help make worksheets, bulletin boards, exercise plans, games, for the elementary students to do in class and outside of the classroom setting.



What do we teach?

Stay Active at least 60 mins/day



Testimonies:

“This is the greatest day ever.”

“I exercised with my mom for 60 minutes yesterday and my snack was string cheese and raspberries and my water!!”

“You brought such a positive, fun energy into my classroom, and it really encouraged my students to stay engaged. They are much more excited to talk about being active and talk about “exercising” in a very positive light.”

Eat Healthy through learning about MyPlate



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