



Henry Gets Moving in Delaware County Youth Activity Program Undergraduate Pilot Study

Sydney Cook, Francesca Fontus, Trinity Mitchell, Zoë Cook, Kia Holder, Nicole Koontz MS, ACSM RCEP
Ball State University, Muncie, IN



What is Henry Gets Moving?

Introduction

Henry Gets Moving is a project born with the purpose to reduce childhood obesity. By teaching the importance of balanced nutrition and an active lifestyle, we can develop healthier habits at a young age that could potentially last a lifetime. For 4 years we have gone to several elementary schools and impacted over 700 students around Delaware County to pilot this program.

Short Term Goals

- Create and build interest in exercise and balanced nutrition
- Teach valuable educational skills that transfer over multiple stages of life
- Give opportunities to current Ball State University students to apply their education outside the classroom

Long Term Goals

- Provide skills and health habits to the community
- Encourage children to share healthy habits learned with family members
- Expand the project, by incorporating other areas on campus and further our reach in Delaware County

Addressing 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 30 kg/m and considered obese.

Diversity Statement

Since being active and eating healthy is important for all populations, we wanted to make sure we can reach the largest group of people. *Henry Gets Moving* the book, is written in both English and Spanish. We have also made an effort to visit schools in both urban and rural settings.

Student-driven

Undergraduates majoring in Exercise Science and registered for courses taught by Professor Koontz are able to participate in this Immersive Learning project. The BSU students travel to local schools and focus on teaching exercise and physical activity in a fun way. Our main objective is for elementary aged kids to enjoy what they are learning, want to exercise and eat healthy, as well as pass the information they are learning along to their parents. Nutrition is addressed through MyPlate activities and the exercise comes in a wide variety depending on class size. BSU students help make worksheets, bulletin boards, exercise plans, and games for the elementary students to do in and out of the classroom setting. Exercise Science students have recently partnered with BSU Computer Science students to produce a web-based app for kids and parents. Our focus of the web-based app is to include healthy recipes, kid-appropriate exercises, and a way for kids to track their daily exercise and to reinforce what was learned during our time with them.

What do we teach?



Testimonies

Elementary Aged Students

"This is the greatest day ever!"

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



Thank you!

Funding from:
- The Friends of Muncie Endurathon
- Ball State Provost Immersive Learning Pilot Grant

Pierre Rouzier M.D., author of
Henry Gets Moving
- Thank you for your dedication to promoting healthy lifestyles.

Elementary School Teachers

"You brought such a positive, fun energy into my classroom, and it really encouraged my students to stay engaged."

"The biggest change that I have noticed in my students is in their discussions. They are much more excited to talk about being active and talk about exercising in a very positive light."

"The students love lessons that incorporate movement and music, so they definitely enjoyed the activities as part of the curriculum! They also loved the snack portions, and I think it was a lot of fun for them to try new foods and new combinations of food. I think my students also really enjoyed having the Ball State students there, and the attention they received from new people."