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"I want stuff to change; How can I make that happen?": Amanda Gray and Mobile Rec

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Amanda Gray and Mobile Rec

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Amanda

Amanda Gray has been involved with Mobile Rec for 1.5 years, and she says that it has been one of the greatest experiences in her entire life. Amanda's motivation to join Mobile Rec was because she loved working with the kids, and it kept offering her opportunities that made her grow as a person. Amanda says that she also loves helping the kids improve their activity level and their health, and making their lives better through what she does. Most of the schools that Mobile Rec goes to have kids that come from low income families. Amanda treats the kids with respect, and teaches them to treat adults and peers alike with the same kind of respect that they deserve.

Amanda considers herself quite an activist. From saving wetlands to recycling to Mobile Rec, she goes out of her way to make a difference. Amanda wants to make an impact on the kids that she works with. Often, Amanda will ask herself, "I want stuff to change, how can I make that happen?"



The Issue

A big issue that has been becoming more prominent in the US is obesity, and elementary schools are no exception. Throughout the years, the obesity rates of children have been steadily rising. A study that was done in 2010 states, "Since 1980,

- The obesity rate has more than doubled (from 5.0% to 12.4%) among children aged 2-5 years
 - Almost tripled (6.5% to 17%) among children aged 6-11
 - More than tripled (from 5.0% to 17.6%) in adolescents aged 12-19 years."
- (Healthy People 2010)

Mobile Rec is doing its part to address this problem. Mobile Rec visits schools around the valley where children are considered to be from low income families. These schools are primarily situated in areas where families are living near or below the poverty line. As a result, many kids go home and sit in front of the TV and forego outdoor activities (Halpern 2010), leading to childhood obesity and the problems that stem from being obese (CDC). Amanda and all of Mobile Rec hope to combat childhood obesity through promoting healthy eating habits and placing a major emphasis on outdoor activities.

Help

One way to help is to visit their website at <http://parks.cityofboise.org> to learn more information about their mission and how you can help them. Another way you can help is by donating your time to help them with Mobile Rec, or other organizations run through Boise Parks & Recreation.

<http://www.letsmove.gov/initiatives>

<http://beactivekids.org/bak/Front/Resources.aspx>

