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# Running to Education

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Quote: "For me, I grew up a refugee, and I never had access to the kinds of programs that kids have now. It's my way of giving back."

## Effect on Education

Children in schools are not getting the required physical activity they need. A study was done involving 186 children with a mean age of 7 years old. They were assessed physically and academically. Results showed that the average number of minutes a kid would spend in physical activity in a day was 105 minutes. While average number of minutes spent in sedentary behavior in one school day alone was 215 minutes.

## Mobile Rec and the Kids

Mobile Rec is a program that is run by the Boise Parks and Rec department. The staff as well as service learners and other volunteers travel to tier 1 schools where 50% or more of the students are on assisted lunch. We play games with the kids during a lunch time and after school session, having fun, getting exercise, and learning rules of socialization. The kids love it and so do the staff, it is one of the most rewarding ways to be an activist in your community and Boise Parks and Rec are always eager to gain new volunteers or staff.

## My Story

I moved to Idaho when I was 8 years old from Salt Lake. While living in Salt Lake, I found that so much emphasis was put on our physical exercise in school. We always did class wide challenges and gave out fitness awards. When I moved to Idaho most, if not all of that stopped. Now as I've grown up living in Boise it seems odd to me that a city and state who care so much about preserving the wilderness and well being of the land and themselves, would not care about the physical well being of their kids in school.

## Obesity Stats

In a study done at State University New York, 100 parents were used to calculate mean family ecological predictions. Tests were done on physical exercise and influence on their children. 31% of the total parents were overweight and 35% were obese. As for their children, 26% were overweight and 20% were obese. (Amy M. Lampard, Et al. 2013).

