

## 7<sup>th</sup> and 8<sup>th</sup> GRADE STUDENTS AND FACULTY “MAKING STEPS COUNT” at BLACK MOUNTAIN ELEMENTARY

This past nine weeks, the seventh and eighth grade students at Black Mountain Elementary were given pedometers. They were challenged to wear them for eight weeks and count their steps six days each week. Steps were recorded in log books. They were also challenged to increase their steps each week and improve their Body Mass Indexes and lose weight, if necessary. Their Body Mass Indexes were measured at the beginning of the activity, so changes could be evaluated. Students completing the challenge would receive t-shirts and the top six students making the most progress on their Body Mass Indexes would receive extra incentives. This activity was a cooperative effort between Black Mountain Elementary P. E. teacher Kim Kelley, Harlan County Health Department School Nursing Staff, Gwen Turner and Lira McCreary, and Harlan County Extension Agent Raymond Cox. Lessons were provided by Gwen Turner and Raymond Cox exploring the benefits of exercise and making good food choices. Pedometer-type activities were used in P. E. to promote the accumulation of steps. The Black Mountain Staff was also invited to count steps with the students. (Special thanks also to Ken & Paul’s Steak House and Shirt Shack)

School Nurse Gwen Turner



Matt shows off his new pedometer.

Raymond Cox and 8<sup>th</sup> Grade Students



BME students and staff that met the eight week challenge.

Front Row (L to R) Alisha Helton, Tori Peace, Bethany Day, Meghan Osborne, Becca Middleton, Makala Pace, A. J. Hall; Second Row (L to R) Kateline Brewer, Desiree Jones, Leann Holman, Meredith Rowe, Daesha Carr, Leah Evans, Shyla Baker; Third Row (L to R) Kim Kelley, Sam Kelly, Trenton McKenzie, Brandon Farley, Peyton Fields, Jacob Bush; Fourth Row (L to R) Beth Howard, Patty McCreary, Crystal Blevins, Barb Hill, Teresa Snelling, Erica Moore, Karen Pittman, Marie Perkins; Fifth Row (L to R) Matt Sutton, Alice Davis, Principal Eddie Stewart, Sonja Kelly, Tammy Fields, Bonnie LeFevers, Stacie Kelly. Not Pictured: Kyra Barrett, Billy Combs, Cameron Cornett, Kaitlin Evans, Nikki Gilbert, Matt Middleton and Gwen Turner. The students who showed the most progress with their BMIs were: 1) Kaitlin Evans, 2) Leah Evans, 3) Tori Peace, 4) Meredith Rowe, 5) Makala Pace/Kyra Barrett, and 6) Meghan Osborne. Other students who made notable improvement on BMIs were Shyla Baker, Kateline Brewer, Billy Combs, Alisha Helton, Desiree Jones, Sam Kelly, Trenton McKenzie and Becca Middleton.