### Background

**Existing Resources:**
- South Side Greenway
- Broughal Middle School/Lehigh connection

**Needs Addressed:**
- Known food desert, lack of nutrition education
- Weight-related disease
- Making physical activity fun and a priority
- Self-esteem
- Specifically for 12-14 year old girls

**Community Outreach:**
- Unite students and community through common interest
- Benefits Lehigh: broadens horizons
- Benefits Broughal: education with implementation

### How It Works

- Running club for 7th and 8th grade girls
- Runs on the Greenway two times a week for six weeks
- Provide health snacks and water
- Healthy choice nutrition discussion
- Group picture given to participants at end

### Challenges

- Required clearances to volunteer without supervision
- Grant writing
- Generating and retaining interest
- Small group dynamics

### Lessons Learned

- Plan ahead
- Generating interest
  - Incorporate more games
  - More rewards
- Be prepared for middle school attention spans
- Not a classroom atmosphere

### Results

- Broughal support for the club
- Funding for healthy snacks
- 1-5 participants depending on the day
- 15+ miles
- Better exercise attitude

### Sample Discussions

- Food processing
- Empty calories
- Hydration when running
- Making exercise fun

### Acknowledgements

**Advisors:**
- Gisella Gisolo, Global Citizenship Program
- Professor Sperandio, COE Educational Leadership Program
- Jen Curran, Women’s Track and Field Assistant Coach
- Alicia Creazzo, Community Coordinator, Broughal Middle School
- Lehigh University—Broughal Middle School connection

### Goal:
Educate and promote healthy lifestyle practices through physical activity and nutrition