

## Health and Physical Wellness Initiative

### The need

Many of the students of the Lansing School District face pressing physical health challenges. At this time more than 75% of the school age youth in the Lansing School District live at or below the national poverty line. Statistics from the Center for Disease Control and Prevention, state that adolescents between the age of 2 and 19 years of age have an obesity rate of over 17% and the number of obese children in this country has tripled in the last several years. Because of their limited resources, Lansing youth do not receive exposure to proper nutrition education and fitness programs.

### Our Goal

To work with the Lansing School District and the community to positively impact the health and physical wellness of the students. Every student in the Lansing School District will have access to the necessary information and equipment to learn about living a healthy and physically fit lifestyle.

### Achievement

Each school in the Lansing School District will have the necessary physical fitness equipment and health education materials needed to support their physical wellness during their school years.

### Pledge

Playground equipment for one classroom	\$100
Health/Nutrition Education materials for one classroom	\$500
Physical Education Equipment for one school	\$1000
Health/Nutrition Education materials for one school	\$5000

