



Active Classrooms

"Taking regular physical activity breaks has been a positive experience in my classroom. It serves as a great tool for engaging students in learning."

Linda Bowhall
FACS Teacher
FUTP60 Program Advisor



Fuel Up to Play 60 Pedometers pave the way to active classrooms

Teachers are being encouraged through school wellness policies to integrate physical activity into the classroom, but that is easier said than done. However, Linda Bowhall, FACS middle school teacher, *Fuel Up to Play 60* (FUTP 60) Program Advisor, and school wellness committee member at Kennedy Secondary School in Fergus Falls, MN, seems to have hit upon a successful recipe to make it happen.

Recalling that the school had received pedometers in the spring of 2013 as part of a FUTP 60 rewards package, she decided to integrate them into her classroom curriculum. She taught her middle school students how to use the pedometers and then challenged them to track their steps during classroom walks. The students were intrigued by the results of the pedometers:

When we use the pedometers that *Fuel Up To Play 60* gave us, it makes it fun to exercise because our steps are being counted. - *Alesha*

The pedometers have helped us get more exercise because everyone tries to get the most steps. - *Jack*

The pedometers make exercise fun!!! -*Bauer*

It's more fun to walk around the school with a pedometer and I like doing healthy food labs! -*Maddy*

When you use a pedometer, you don't really think of the pain. You think of the pedometer to see how many steps you can get or it's like setting a record. Thank you *Fuel Up To Play 60!* - *Erik*

I wonder how many steps in a life time??? -*Kaleb*

Pedometers help me realize that a long walk really isn't a long walk at all and it helps me want to walk longer! -*Tyson*

We fueled up with fresh veggies, and then took a walk around the school with pedometers. It was fun to *Fuel Up to Play 60!* -*Anna*

Bowhall related this success to Kristin Erickson, PartnerSHIP 4 Health public health nurse and co-FUTP 60 Program Advisor, who suggested that Bowhall add a second element in order that the students could ramp up their walking experience. Erickson encouraged Bowhall to challenge her students to create exercise-related signage to place on the hallway walls which would accelerate their cardiac output while walking, in addition to making it more fun.

The result? Students actively engaged in walking with intermittent jumping jacks, crunches, skips, hopping, shaking, and the grapevine! Check out the impressive results at <http://www.youtube.com/watch?v=j3fRouLpgOU&feature=youtu.be>

According to Bowhall, "We continue to use the exercise wall and change up the exercise station directions. I am amazed at the fun exercise ideas that students are suggesting for the exercise wall. The best part is the participation rate has been excellent! We have also used the pedometers in FACS this week to take 600 step walks! We have found quite a few hallways to vary our walking outings without disrupting classrooms. Everyone is excited to return to the room where we reveal our number of steps! We do walk at a brisk pace and spend about 5 minutes of class time on a walk so that leaves adequate time to attend to our classwork."