
Get Fit NC 5K

**Summary of requests for support from physical education programs
and teachers in North Carolina public schools that have been
funded by proceeds from the Get Fit NC 5K.**



Did you know. . .

- North Carolina ranks 11th in the nation for the greatest percentage of obese children ages 10-17 (Trust for America's Health, 2009 F as in Fat report)
- Young people exhibit risk factors for heart disease as early as third grade (Journal of Pediatrics, 128(6): 797-805)
- Estimated obesity-related medical expenses in North Carolina adds up to more than \$2.1 billion annually (Centers for Disease Control and Prevention)
- The NC Youth Risk Behavior Survey reports that only about half of high school and middle school youth are getting the recommended amount of physical activity. (NC YRBS)
- Ten of the 11 states with the highest rates of diabetes are in the South, as are the 10 states with the highest rates of hypertension (Trust for America's Health, 2009 F as in Fat report).



Organized in 1923, the North Carolina Medical Society Alliance (NCMS Alliance) is a 501 (c)(3) charitable volunteer organization representing more than 1,000 physician spouses and physicians dedicated to improving the health and quality of life of North Carolinians through community service, advocacy and fundraising aimed at promoting better public health.

The Get Fit NC programs developed by the NCMS Alliance are part of our commitment to improve the health and quality of life of North Carolinians. The Get Fit NC 5K is dedicated to increasing awareness of the nutritional and physical needs of children and raising money to purchase equipment for physical education programs in our schools.

Multiple studies have shown the direct connection between lack of physical activity and the alarming rise in obesity and related diseases. Likewise, studies have also shown that increased physical activity can, in many cases, ameliorate and even reverse the progression of diseases such as diabetes, hypertension, and arthritis.

Included in this report are summaries of just some of projects from all across our state that have been funded in full with proceeds from the Get Fit NC 5K. The NCMS Alliance appreciates the support from businesses, county medical societies and alliances and individuals that share a commitment to encouraging North Carolina's children to be active and healthy.

Project Title: Please Help My Special Children be Included in Field Day Activities!
Location: Whiteville, NC
Grade level: Grades PreK-2

Project Summary (from Donors Choose):

I am a Pre-K special needs teacher of 3,4, and 5 year olds at a title one low-income school. Remember the days that Field Day was so much fun! Year after year we watch other grade levels at our school participate in field day activities. The students in my classroom all have disabilities physical and mental and have not been included in these activities. We would like to participate in a field day also. I want to plan a field day along with a regular Pre-K classroom so our children can also experience the fun.

I am writing this proposal in hopes to get some materials to provide this experience to our Pre-K children. This will be a wonderful way to teach our students that sportsmanship is the name of the game! The materials that we have chosen will reinforce the lessons of what Field Days' are all about: fun, teamwork and participation, working together, and that everyone is a winner. These materials will be used for over 36 students and will be used for many field days for our students year after year. Thank you for reading my proposal and helping to make sure our special children are included in field day.



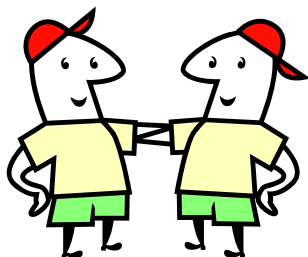
Project Title: We Want To Play
Location: Mars Hill, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose):

This is my first year teaching fourth grade. I have a 45 minute play ground time with no equipment. My students are allowed to run up and down the field or fight to take turns playing on the eight swings we have. During this scheduled outside time there is also three other fourth grade classes, no organized games, and no fun.

With obesity rising in the United States my goal to find resources to change the statistics at my school. Please help me put fun and physical activity back in recess. I know my kids will benefit from increased physical play. Exercise is good for the mind, body, and spirit.

Help provide the right tools for the kids at my school to enjoy being a kid and recess. I am requesting funds for new outside equipment. I have taken a poll from my students on the type of equipment. I would like to purchase basketballs, dodge balls, freebies, jump ropes, soccer balls, hula hoops, and a parachute. I plan on using this equipment for recess as well as to teach educational concepts.



Project Title: Let's Have A Ball With Fitness!
Rocky Point, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose):

I am a physical education teacher for a grade 3-5 elementary school in rural Pender County, North Carolina. We currently have approximately 420 students with a 66% free and reduced lunch rate and a growing Hispanic population. In addition, we serve a number of students with adapted needs. Needless to say, funds are limited.

After 10 years in Higher Education, last year I returned to my first love, teaching elementary school physical education. The two biggest things I noticed with my students was a lack of basic sport skills and an overall poor fitness level.

My goal with this proposal is to address the latter. The media is constantly bombarding us with the state of health related fitness in America. The research supports the fact that we need to start to educate people as young as possible. A healthy lifestyle at a young age results in healthier, more active lifestyles later on.

I have slowly but steadily began improving our "stock" of fitness equipment. One thing that would benefit both the general population of the school and provide therapeutic equipment to meet the IEP's of the adapted students would be fitness contour balls (also known as abdominal or exercise balls). The whole school would benefit from the purchase of 6 of these fitness balls! Please assist us!

Project Title: Exercise!
Mars Hill, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose):

I teach in a large rural school in Madison County. My students love going outside to play but often become bored because we do not have outside equipment to play with. I would like to plan organized games with my students. In order to plan effectively, I need some outside equipment. Of course since all of the schools across the nation are geared towards more active kids, I want to get my students involved. We all know students are becoming more sedentary but I want to combat this by offering fun outside recess sports. Please help my students become more active. We need to help combat this obesity problem from the classroom.



With new quality equipment, students will have an opportunity to experience new ideas and concepts about fitness. As a teacher, anything new that keeps the attention of my students, can only help me as a professional teach my students the importance of having fun and learning how to maintain a healthy lifestyle. The organized games will also allow my students to bond and become more of a unified "family" rather than just a classroom full of students.

I am asking for outside playground balls, badminton sets, soccer balls, baseballs, bases, and bats, and other outside sports equipment. Thanks in advance for helping our children become active.

Project Title: Tiger Gym Fitness Club
Winston Salem, NC
Grade level: Grades 3-5



Project Summary (from Donors Choose)

Obesity is a common problem in our country. I work at an equity plus school where most students qualify for free lunch. We serve a population of majority Hispanic and African American students. I have many concerns and hopes for my students. One in particular is health and fitness. The diets and fitness levels of many of our students fall within the at risk range.

I would like to start a fitness club to teach the children more about healthy lifestyles. Many students are not able to participate in extracurricular activities such as dance and karate because parents are unable to afford the services or their work schedules do not allow them the time to get their students involved. I am currently working in the after school program and I would like to target this group as a pilot group for the after school fitness club. We have access to a playground and some sports equipment. I would like to have child-sized exercise balls, exercise mats, resistance bands and appropriate videos to use in conjunction with the things that we have.

My first degree is in exercise science and I have a passion for fitness. As a busy teacher and parent I know how hard it is to fit in exercise. Many children enjoy indoor activities and many neighborhoods do not provide a safe place for children to play. Busy parents are forced to select quick meals that may not be as nutritious as they would like. My goal is to help children become more aware of healthy choices. I want to promote fitness for life and I think starting in elementary school is a great time. My plan is to provide a program using be healthy school kids' materials, sports equipment and the requested exercise equipment. This will benefit students as they become aware of healthy lifestyles.

Project Title: "ROLLING" Into A Healthy Life
Hope Mills, NC
Grade level: Grades PreK-2

Project Summary (from Donors Choose):

As we hear everyday, America is becoming an obese nation. With new types of technology being invented everyday, our youth is becoming less active. They would rather sit in a house and play video or computer games than go outside and be active.

As a first grade teacher, I see this everyday. My students talk about what video game they are going to go home and watch or what TV show they will turn on when they get home. I never hear a student talk about actively playing outside.

North Carolina has taken a big step in the battle against childhood obesity. We are not only given our once a week PE class, but we have also been given a 30 minutes per day PE time. During this daily 30 minutes, it is up to the regular classroom teacher to create activities that would keep each and every student active.

Since I am a regular classroom teacher, I do not have PE equipment to keep my students active during this 30 minute period each day. I would like my students not only to have materials that would keep them active, but to also have materials that they will enjoy. I have seen my students during their regular PE time enjoying scooters. I would love to have a set of my own scooters that my students could enjoy everyday. They would be able to race each other on the scooters, play hockey games on the scooters and just enjoy moving around on them.

Project Title: Taking it to the Playground
Hickory, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose)

Help us expand our curriculum onto the playing field. Students need the opportunity to express themselves in many ways. We have found that by extending our academics to our recess times, students are given the opportunity to continue their inquiry.

Students will be able to maneuver through the Underground Railroad by answering clues and completing activities at each physical education station. We would like to continue the study of the Titanic by allowing students to work cooperatively to cross the icy seas using teambuilding skills. Science classes will come alive as students explore the relationships between ecosystems. All of this while improving our activity levels.

We want to give our students every opportunity to learn. Your donations would enable us to do that. Thank you for your help!

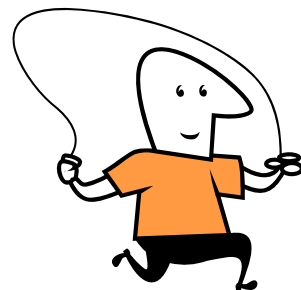
Project Title: Jumping In Any Weather
Hot Springs, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose)

I teach in a rural North Carolina mountain elementary school. I have 26 students in my 4th grade class. We spend 30 minutes each afternoon dedicated to physical education. Our gym is a great place to be active during bad weather. But we do not have equipment for the students.

I'd like to have a classroom set of 28 jump ropes so that each student could participate in teacher instructed activities and student directed jump rope activities. I'd like to have 6 long ropes so that we can learn group jumping skills leading up to double-dutch jumping. I'd also like to have a video demonstrating jump rope skills and music to jump by.

This addition of jumping ropes to our physical education equipment would be a great way to keep us physically active rain, snow, or sunshine.



Project Title: Get up and move! A Class in Need of Recess Equipment!
Conover, NC
grade level: Grades 3-5

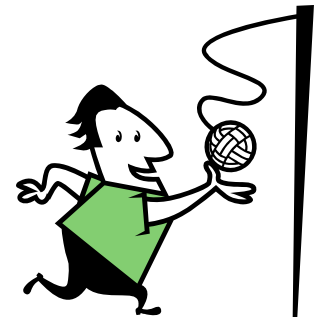
Project Summary (from Donors Choose):

I am a first year teacher teaching fifth grade. As in many other areas, finances in our system limit the resources that we have available to us for use. Add to that the fact that I am a first year teacher with little stock pile of classroom goodies. My fifth grade class suffers by having limited resources for classroom activities.

Nation wide, childhood obesity is on the rise. As an educator, I see many students that already exhibit a sluggishness towards physical activities. In the classroom we employ many activities to get up and moving. Dancing and verb aerobics are two of our favorites.

On nice days we love to get outside for our recess time. However, our school has a limited play-ground. My students would greatly enjoy having a variety of choices for recess activities. Students are much more likely to engage in physical activities that are fun.

Please help our students develop fun and healthy habits.



Project Title: Fitness for the Masses
Enfield, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose):

I am a physical education teacher at three elementary schools in rural North Carolina. I really enjoy watching my students improve their fitness and cardiovascular endurance. I have learned so much from them--sometimes I write down their variations of games to use for the rest of my classes!

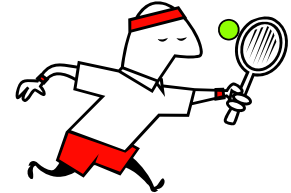
I am asking for an electric air pump, dynabands, and playground balls so that I can encourage my students to move. Every year, I notice that the pre-kindergartners and kindergartners are heavier than the year before. Childhood obesity can lead to an increased risk of juvenile diabetes, respiratory problems and sleep apnea.

I must encourage my students to be physically active, not only on the one day a week of our class, but the other six days of the week! I will use the air pump to inflate the playground balls. I use playground balls for beginner techniques in soccer. I also need the dynabands to perform stretching exercises during warm-ups.

Join with me as I encourage my students to move so that they can make physical fitness a lifetime activity.



Project Title: Outdoor Activities
Wilson, NC
Grade level: 9-12



Project Summary (from Donors Choose)

I am a physical education teacher in Wilson, NC. Currently we only receive \$500.00 a year in our budget which is equal to less than .50 cents per student that comes through the program. This money is used to replace things that have been lost, broken or stolen and does not allow us to introduce many new activities to our students.

I would like to create a unit of outdoor activities that can be played with a minimal amount of people. Our typical class size ranges from 29 to 45 depending on the type of class. This unit could be used with all classes that we offer. It is my hope that it will help the students that are turned off by traditional team sports and target the less athletic student who tends to shy away from physical activity. Success will be attainable by all students regardless of their athletic abilities and body composition.

I would like to start off teaching 3 basic games to the students and incorporating other games down the road. I would need 3 Bocce kits, 3 Croquet kits and 5 horseshoe kits. This will allow more than two classes (80 kids maximum) to participate each class period. That would mean in one day over 200 kids will benefit from this donation. It is my hope that our students will learn a new and exciting way to exercise without them feeling like they are exercising.

Project Title: Walk to Hollywood
Fayetteville, NC
Grade level: Grades 3-5

Project Summary (from Donors Choose)

I would like to help the obesity epidemic at my school by purchasing The Active Steps Youth Program. The Active Steps Youth Program is a comprehensive walking program that uses electronic pedometers to help teach children how to set physical activity goals and achieve them through teamwork.

Providing our school with the Active Steps Youth Program will give us a valuable resource that can be used in multiple classes, year after year, serving thousands of children. Once the program is purchased, it requires little to no further investment on the part of the school. Further, the lesson plans included in the program provide many opportunities to integrate physical education with other subject areas.

Thank you for your consideration of our request and know that your funds will be spent wisely on a program that will make a huge difference for my students.

Project Title: New Basketball Goal
Asheboro, NC
Level: Grades Pre K-2
Randolph County (Asheboro)

Project Summary (from Donors Choose):

Many students at the K-1 level are not even able to reach the net with the ball, let alone the rim. The success of all is my goal. These students are loving, caring, energetic individuals. They love a good time and always seem ready to learn. Much of this district in NC is high poverty with a large percentage on free or reduced lunch. A number of our students get a good meal only at school and many times don't get an evening meal.

It is so important to include everyone in a unit that is so popular. In the past I have had to use a trash can or bucket as a goal. I hope you can find it in your heart to fill this void and help out a lot of kids for years to come. My students need a new basketball goal with height adjustment down to 7 feet, so all kindergarten and many first grade students may be successful.

Project Title: Girls Play Soccer, Too!
Charlotte, NC
Level: Grades: Grades 9-12

Project Summary (from Donors Choose):

The girls' soccer team is in desperate need of new equipment such as soccer balls and a bag to keep them in. Keeping girls' involved in athletics in high school is extremely important. The traits learned on the field transfer to academics as good study habits are necessary to be able to stay on the team. Soccer promotes exercise and healthy weight management as well as being a part of a group.

We have extremely supportive parents but many of them are struggling to make ends meet at home and find it difficult to support our team financially. This puts our team at a disadvantage to other school teams in the area. The school system has had to make financial cuts in all areas of the budget. Teachers are having to be more resourceful to find funding for programs for our students.

We must provide opportunities for students to shine in other ways, which is one reason that high school sports was put in place to bridge that gap. Improving self esteem helps improve commitment and promotes better study habits. Please provide these students with the means to increase their potential in school and in life. My students need new soccer balls for practice and game play and bags to carry the balls in.



Project Title: Let's Get Physical - Indoor Play on a Rainy or Snowy Day
Warrensville, NC
Level: Grades: Pre K-2

Project Summary (from Donors Choose):

Do we have to play inside again? Do you remember having to have indoor recess because of weather and lack of space? This is a reality for my students almost daily during the winter months because of harsh weather conditions in the North Carolina mountain region in which we live. I teach in a high poverty community where many of my students have few resources and few cultural experiences.

You can help my students to become physically active and broaden their life experiences by giving them the resources they need to have a fun, stimulating indoor recess time. To help my students become lifelong active individuals I need your help. You can help my students to experience the focus Tai Chi teaches individuals, the flexibility yoga brings, the team work cooperative physical activities develop, and the physical development group exercises bring. With the resources you provide, you will not only help my students become more physically active, but you will also help my students be aware of other cultures and ways to develop the mind and body.

Please help my students to become physically active and see how important it is to be physically active throughout their lives. You will make it possible for my students to be physically active despite our limited classroom space or lack of resources. You can make a difference in the lives of my students! My students need 16 "rainy day recess" supplies, including activity DVDs and CDs, a Body Poetry Yoga Set, beanbags, foam balls and books, including "Chicken and Noodle Games."

Project: Go Out For A Run: Help Us Train for a 5K Race
Kernersville, NC
Level: Grades 3-5

Project Summary (from Donors Choose):

I am an Elementary School Counselor in a small town with a population of about 22,000. There are not many after school opportunities for students in my town, so another teacher and I have started the GO FAR program at our school. This is a low cost program that teaches character and builds self-confidence all while training the students to complete a 5K race. The program is low-cost and we offer scholarships for students so that anyone can participate.

In the past we have purchased disposable water bottles for the students each week. This has gotten expensive and is not environmentally friendly. We would love to be able to purchase water bottles for the students to refill at each practice instead. Your donation will help us provide this WONDERFUL opportunity for students who do not have much. My students need 36 Gatorade bottles to use at the GO FAR program after school.
