

Boyertown High School Students take the 'nrg Challenge'

After attending the nrg Summit in the fall of 2007, nrg advisors Barb Furman and Stephanie Petri began the 'nrg Challenge.'



Held each year (for the past three years) for the eight weeks between November 1 and the holiday break in December, the nrg Challenge counts students' activity minutes. Students form teams that are captained by teachers. Team members create nrg t-shirts and compete with one another to capture the most minutes of physical activity.

For the three years the challenge has been held, participation has steadily grown. According to Furman and Petri, both health and PE teachers at the high school, "the friendly competition really helps to create a community feeling among the student body."

In addition to the nrg Challenge, Furman and Petri also work with five to 10 students per year as part of STELF (Students Training Eating and Living Totally Healthy). These students take the lead on promoting nrg-related events and activities in the school and use free materials – t-shirts, posters, sweatshirts, magnets, eco-bags, etc. – from the nrg Powered by Choice campaign to help garner interest in health and nutrition from their peers.

In addition to the nrg Challenge, Furman and Petri also help students organize a healthy fundraiser each year. In the past, students have formed teams and participated in a volleyball tournament. Money raised from the tournament was used to hire an instructor for an after-school hip-hop program.

This year, students chose to host an Ultimate Frisbee Tournament as a healthy fundraiser and donated the money raised to the American Heart Association.



The nrg summit, held in September 2007, was the kick-off to the nrg Powered by Choice campaign, a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital.



The campaign is funded by Highmark Healthy High 5, a children's health promotion initiative of the Highmark Foundation, created to change behavior in young people ages 6-18 and improve eating habits and physical activity. For

more information, visit www.highmarkhealthyhigh5.org.