

Galeton nrg Hosts Healthy Activities Year-Round
– *Bethany Schweigart, Galeton Area High School Student*

Galeton Area High School's nrg students have had an active year – in more ways than one.

All of the activities led and organized by Galeton's nrg students were meant to provide other students (and sometimes adults) with extra activity at no or very minimal cost. Their goals were to encourage activity, provide a safe and fun environment, and show how exercise is fun.

Throughout the school year, the nrg students ran a healthy drink machine that was very successful.

They also held two physical activity tournaments – a volleyball tournament, which included 75 students in grades seven to 12 and adults from the community as well as a Frisbee tournaments with more than 50 students in attendance.

The all-day volleyball tournament was held at the school and everyone involved had a blast. The students ran a concession stand with snacks and drinks and awarded prizes donated by local businesses.

The Frisbee tournament was held on Sunday, May 16. The 50+ participants played on two fields from 1 p.m. – 5:30 p.m. and had a great time. Again, the nrg students ran a concession stand with snacks and drinks – Propel water was the best seller. The nrg advisor made CDs with appropriate music to keep the energy high throughout the day. Once all the expenses were accounted for, the students were thrilled to have made a small sum of money from the event.

In addition to the activities listed above, Galeton nrg students also shared their message of healthy living with younger students by hold two contest for elementary-age youth.

They held a pitch, hit and run contest in which youth are advancing to the next level for their age groups. They also did a trial punt, pass, and kick competition that they plan to incorporate into their list of activities for next year. The punt, pass, and kick competition was organized by the nrg advisor and a nrg student and involved students ages 7-14 during elementary PE classes.

Over the winter, the nrg students issued a walking challenge to the elementary school (Pre K – 6 grades) to see if they could walk long enough in a month to cover the entire state of Pennsylvania on route 6. Elementary students were asked to log all their information and turn it into nrg students, who in turn, posted the results across a large route 6 banner that hung in the cafeteria.

The nrg students at Galeton Area High School are very excited to be part of the nrg Powered by Choice campaign. With the help of their advisor, the students' drive and enthusiasm will undoubtedly lead the group to continued success.

The nrg Powered by Choice campaign is a program of the Center for Nutrition and Physical 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.