



nrg Powered by Choice Brings 'Fun, Food, and Fitness' Assemblies to Three Pennsylvania Schools

"When I 'exer', you say 'cise.'" "Exer...cise...exer...cise!"

Chants of exercise echoed through the halls of George A. Smith Middle School (Lancaster, Pa.), Southern Huntingdon Middle/High School (Three Springs, Pa.), and Berwick Area High School (Berwick, Pa.) as part Rapping About Prevention's Fun, Food, and Fitness assembly.

Led by Health Educator, Motivational Rap Artist and CEO, Sterlen Barr, Rapping About Prevention educates, inspires, motivates and encourages youth to stay healthy and tobacco-free, by delivering a high-energy presentation using facts, humor, personal experience, audience participation, and a live rap performance.

The assemblies were awarded to the three schools for their participation in the nrg Powered by Choice campaign, a teen-led health promotion campaign that empowers youth to make healthy choices around nutrition and physical activity.

"Repeat after me, 'I can be as healthy as I want to be.'"

The message Sterlen Barr and his performers deliver through their Fun, Food and Fitness assembly aligns perfectly with the overall goals of the campaign – to empower youth to lead a healthy lifestyle and encourage their peers to do the same.

"It's important to educate youth about healthy decisions, so they can make healthy choices," commented Barr.

From feedback received by students at the three schools, it was evident his message came across loud and clear.

"Kids of all ages were excited to participate and interact," remarked Rachele, a senior at Southern Huntingdon.

Brent, a student at Berwick Area High School agreed, "I had a blast dancing up there on stage; thank you for giving me some more inspiration to continue practicing my break dancing."

Even school personnel agreed. "This was the best assembly ever," commented Smith Middle School Nurse, Sue Myers.

It's no doubt that Rapping About Prevention made an impact on these schools. Their engaging, high-energy interactive presentation brought to life the lessons students are being taught in health and physical education classes, and family and consumer science classes.

"It's my goal to help students understand that what they put into their body in the form of food and drink, really provides them the fuel to be active and succeed," said Barr.

When asked about inviting Sterlen Barr and Rapping about Prevention back in the future, all three schools offered a resounding "Yes!"

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.