

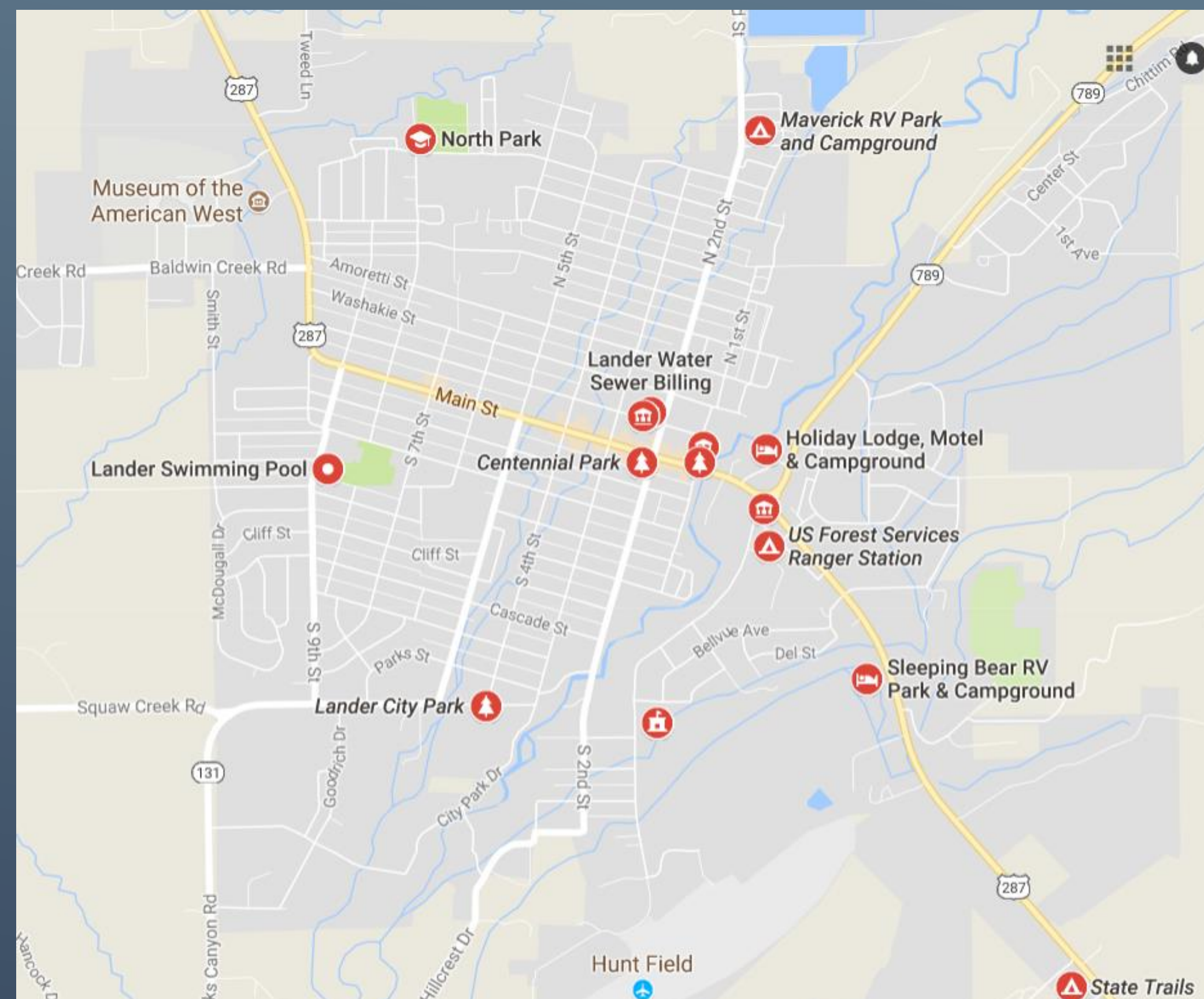
Increasing Physical Activity of Middle Schoolers in Lander, WY Through Exergaming

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Hypothesis: Participation in an exergaming program through Lander Parks and Recreation will increase physical activity among middle school children in Lander, WY

Background:

- Lander is a town of 8000 people in Fremont County, Wyoming and is the lowest ranked county in health in the state.
- 28% of Fremont County residents are obese and 25% are physically inactive, compared to 22% in the rest of the state.
- In Lander, many high school students are involved in after school sports and elementary students have access to an after school program. Sports participation is down among middle school students compared to the other two groups.
- Lander Parks and Recreation Department is committed to ensuring children of all ages have opportunities to be physically active.
- Exergaming is the use of video games to get players to exercise, through dance, kickboxing, etc.



Lander, WY Parks

Literature Review:

- Exergaming has been demonstrated to increase physical activity in early adolescent girls.
- 12-week long exergaming studies have reported 80% attendance levels, demonstrating an interest among children in this age group in exergaming.
- Exercise programs after school at parks and recreation facilities have been shown to increase physical activity more than traditional after school programs.

Community Health Project Plan

- A variety of exergame activities, including dancing and kickboxing, will be offered to middle school students two times a week for one hour after school.
- Volunteers will cheer children on to help motivate them through activities.
- Partnership with Lander Parks and Recreation Department
- An eight-week program has been proposed for Fall 2017



Exergaming

Deliverables to Community Partner:

- Literature review
- Opportunities for funding
- Detailed road map to implement proposed intervention



Lander Parks and Recreation Department

Next Steps:

- Applying for funding for gaming console and games.
- Identify volunteers willing to cheer participants on.
- Promote program through Lander Parks and Recreation Program Guide
- Participant Registration
- Eight-week long pilot program to gauge interest in continuing program.