Purpose
I have designed a school-based intervention targeting physical activity in junior high school aged children in Sheridan, Wyoming based on community and scholarly research.

Background
• Sheridan is a rural town with ~17,000 people
  • ~4,000 are under 18 years old
  • 26% of adults are obese; same as state average
  • Demonstrates a need for intervention
  • High accessibility to exercise resources currently, yet obesity persists
  • Novel approach must be considered

Methods
• Community conversation revealed lack of youth involvement in physical activity
• Literature review showed three potential aspects of a successful plan aiming to augment physical activity in people
  • School-based
  • Incentive-driven
  • Pedometer utilizing
• Proposal was presented to students and staff of Sheridan Junior High School

Results
• To reach CDC recommended 60 min. of exercise, junior high students will:
  • Receive fitness trackers to document activity
  • Receive rewards for completing goals
• Sheridan Junior High School will be integral to the integration, initiation, and maintenance of the program
• On presentation, students and staff acknowledged novelty and potential for success
  • Staff were concerned about cost and integration

Discussion
• School-based intervention has positives
  • Target population easily reached and monitored
  • Sheridan school districts have disposable funds
• School-based intervention has negatives
  • Difficult to gain approval
  • Many students = more money
  • Many details require budget considerations

To help combat obesity, establishing good exercise habits early is necessary. Self-motivation for continued exercise may result from the early intervention I propose. At minimum, students will likely increase their physical activity for the duration of the study.

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