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# EAST CENTRAL COMMUNITY COLLEGE DECATUR, MS CHAPTER 88

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## COMMUNITY SERVICE PROJECT

Wellness Warriors  
vs  
Middle School Students

Reported By:  
Tucker Cain  
Alexis Rover



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### PLEDGE

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Mary Anna Carter-UMS

1. Eat Healthy Snacks
2. Exercise Everyday
3. Get Good Nights Sleep

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### PLEDGE

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Henry Creel-NMS

1. Run
2. Sleep
3. Brush Teeth



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### PLEDGE

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Cassie Phillips-NWMS

1. Eat Healthy
2. Exercise
3. Drink More Water



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### PLEDGE

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Mark Talloy-PMS

1. Stay Fit
2. Eat Better
3. Not To Be Fat



***1,400 People Impacted***

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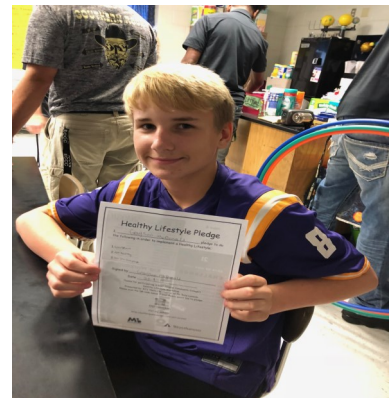
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## INTRODUCTION

The 2018-2019 Community Service Project, *“Wellness Warriors vs East Central Middle School Students,”* was a hands-on experience for Phi Beta Lambda members who not only love teaching children, but also love helping them to practice having a healthy lifestyle that can enhance and expand their lives. Phi Beta Lambda members created an activity to present to students in local middle schools throughout our region. This program reached over 760 kids throughout our five-county district and demonstrated how to achieve and maintain a healthier lifestyle.

## PURPOSE OF PROJECT

In order to make the Healthy Lifestyle Presentation a reality, PBL members researched statistics from restaurants and foods to show how unhealthy or healthy particular foods are. In recent years, Mississippi has been ranked at the top of the charts for being the most obese state in the United States. After seeing these statistics, the Theta Chi Chapter became committed to improving these numbers, which is evidenced by the presentation of our program to kids at a young age.

While our PBL members are concerned about overall statistics, our primary goal is to encourage middle school students to focus on healthy lifestyles. We chose to educate this particular age group because they are at an age where they can grasp and retain information that can be useful in their adult lives as well. According to the University of Mississippi Medical Center’s website, “Nearly half of Mississippi children are overweight or obese. Children as young as eight years old are being treated for Type II Diabetes and high cholesterol. Just a decade ago this was unheard of, and the idea that children will be sicker and die younger than their parents is not acceptable.” This emergence inspired PBL members to present informative messages to children who can relay this information to family member and friends.







## Statement of Project Goals

Our goal with the Healthy Lifestyle Project was to present and/or reinforce basic healthy lifestyle tips within the allotted 45 minutes of the program. Members ranked the success of the event by the initiative and interest the students exhibited in the games throughout the presentation. We opted to attain our goal through hands on activities that would allow the children to put into practice what they learned and to ensure a healthy regime. Various interactive quizzes throughout the presentation displayed the level of education the children had on a healthy lifestyle. In addition, the presentation offered activities for entertainment purposes that kept excitement levels high and their attention from wavering. The project also educated students on healthier snacks and even provided them with some. The students were given veggie straws, which is a healthy alternative for potato chips.

## Specific Project Goals

- ♦ Warrior Participation. Encourage PBL members to participate in the project.
- ♦ Educate Middle School Student's. Educate over 750 student's about a healthy lifestyle.
- ♦ Learn More About A Healthy Lifestyle. Hold weekly meetings in order to prepare for lessons.
- ♦ Lead Other Student Organizations To Participate. Partner up with two other organizations on campus to expand the impact of the project.
- ♦ Network. Seek chances to network with other PBL members, ECCC students, business leaders, school administration and classroom teachers.
- ♦ Engage PBL members. By engaging PBL members will foster professional leadership and communication skills.
- ♦ Seize Opportunities. Encourage members to step out of their comfort zone and become better leaders, team members and individuals.
- ♦ Serve Snack's and Exercise Equipment. Obtain funds so all students will be provided with a snack and all schools provided exercise equipment.





## Service to the Community & Its Citizens

The healthy lifestyle project was a presentation that allowed PBL members to visit local middle schools and have access to multiple classrooms at one time. We were fortunate to have the opportunity to visit these classrooms since it is a rare opportunity that school officials allow sparing class time. The number of children impacted is estimated to be at 1,400. We presented the program to 760 students. Throughout the 760 students, ten from each class could feasibly spread the good news of healthy habits to their friends and family. For students, this program opened many avenues for conversation with their friends and family on how to live healthy. The presentation also served as a reminder to the teachers of these schools to serve as leaders for a healthy lifestyle. The entire presentation held attention for students and provided several hands-on activities to release energy and have fun.

### PLANNING & DEVELOPMENT OF PROJECT

Each Monday afternoon the officers of Phi Beta Lambda met to discuss finances, competitions, service opportunities, and other various projects. Early in the school year, the idea of creating the healthy lifestyle project was presented to the chapter officers and advisors. The officers then began to research information about the obesity rate both in Mississippi and nationally, as well as many other health related statistics that could be beneficial to the program. To gain more information and ideas, PBL members partnered with Crystal Fitzgerald, the wellness coordinator at East Central Community College. Ms. Fitzgerald offered ideas and suggestions pertaining to the project. The officers agreed that this project was highly beneficial to both the Theta Chi chapter and to our community; therefore, they decided to make this a priority.

Meetings were held weekly to inform the presenters with the information they would be tasked with. The various activities used in the presentation were thoroughly researched. Members wanted the presentation to be interactive and decided to incorporate a three-minute workout plus have a competition between PBL members and the students.





The presentation development was rigorous from discovering what games and exercises to use to creating visual aids to spark interest. The PowerPoint visual aid was created by a group of officers over a period of weeks. Illustrations, facts and statistics were compiled to convey what builds a healthy lifestyle and how to partake in it.

Eating healthy was the first topic discussed during the presentation. After discussion eating healthy there was a countdown game played where the students divided up food choices into healthy, unhealthy, and the different food groups. Next, a healthy body was discussed. Students played a BINGO game that covered why you should strive to have a healthy body. PBL members then led a three minute workout. Surprisingly students eagerly participated in the workout. Winners from the BINGO game were invited to compete in either a hula hoop or jump rope competition. The last part of the presentation included having students complete a pledge form. The form requested for each student to pledge three things they would do to remain healthy. The back page of the pledge form included a 21 day no junk food challenge, 10 minute workout and a list of healthy snacks. PBL members encouraged students to post the pledge on their refrigerator or another key place in their home.

Members wanted to not only teach a lesson, but leave behind items that could be used later during the school year. Research was conducted by the community service committee and they discovered grants that were available. The committee completed paperwork to obtain a grant from the March of Dimes and Weyerhaeuser. The entire chapter celebrated when they were notified they had been approved \$1,000 from each grant.

Research to find the best prices for snacks and exercise equipment was conducted. Members were able to provide veggie straw snacks for each child that participated in the project. The chapter left each school with hula hoops and jump ropes. Teachers and students were excited for their snack for the day, plus they would have the opportunity throughout the school year to use the hula hoops and jump ropes.





## IMPLEMENTATION OF THE PROJECT

PBL members donated over 15 combined community service hours in order to set up for the presentation. Overall, fifty-three members and an advisor traveled to several local middle schools to present the project. The primary task was to prepare for the program. The preparation included learning the material that would be presented and being able to present that information in a way that students would find it beneficial. A total of 52 combined community service hours was spent on the project.

For the presentation, transportation of PBL members required using several vehicles. The members signed up prior to the event to have the opportunity to participate. In addition, the presentation included similar food items from fast food chain restaurants. The students were asked which food they thought was the healthier choice. Quite often, most students answered incorrectly. Another activity presented was guessing how many calories are burned within a certain exercise. The presentation lasted approximately 30 minutes each time. The PBL members would present the program to various middle school classrooms throughout the day. Inside the presentation included talks about the food pyramid as well as other healthy topics.

In order to create and present the chapters “Wellness Warriors vs East Central Middle Schoolers” project, the community service chair, Alexis Rover, trained members. Pictured below are some members that were trained, proudly presenting their pledge cards. Members were excited to have Phi Theta Kappa mem-





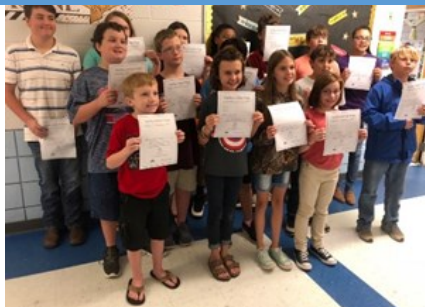


## 1st Competitor

**Neshoba Central Middle School**

September 28, 2018

310 Pledges



## 2nd Competitor

**Newton County Elementary School**

October 2, 2018

130 Pledges

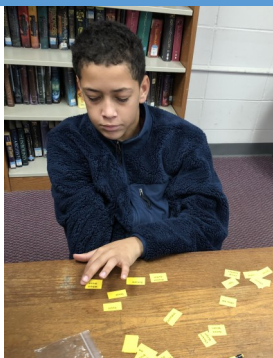


## 3rd Competitor

**Nanih Waiya Middle School**

October 26, 2018

88 Pledges



## 4th Competitor

**Philadelphia Middle School**

November 2, 2018

112 Pledges

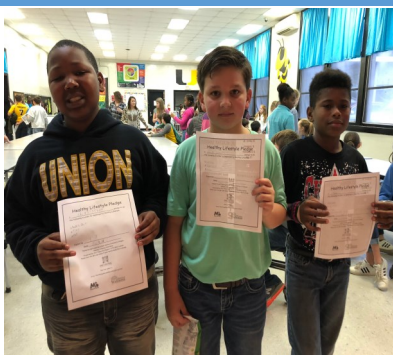


## 5th Competitor

**Union Middle School**

November 9, 2018

120 Pledges







Pictured on this page are snapshots from our school visits.





## IMPACT & BENEFITS TO THE COMMUNITY

The Healthy Lifestyle Project was an event that our chapter tackled with strenuous effort to achieve one of our government's biggest goals: To educate today's society in healthier eating habits and healthier lifestyles. We also achieved many different goals and benefited numerous individuals, groups, and businesses alike. Phi Beta Lambda members spent many hours researching ways and ideas for the presentation. In order to execute a successful program, the issues had to be presented in a way that the average middle school student could understand and retain the information. Phi Beta Lambda advisors and officers spent time organizing days for the members to travel to the schools to present the helpful information.

We attempted and engaged in the matter, performing the trickle-down method or grapevine method of education. The students were given information at school. They took the information and relayed it to other people, whether it was fellow family members or friends in another grade or a different school. All that was needed by the students was enough liveliness to spread the information to everyone about the benefits of living a healthy lifestyle. At each school, we learned the pros and cons of what to say and how to say it in order for the kids to understand it better. Doing so helped our members improve their communication and speech skills. In addition to students learning better lifestyles, the presenters first had to understand how to better theirs, not only to answer questions, but also to help make them a healthier person as well. Student interaction, like guessing which food is healthier or which exercise burns more calories, help make the presentation a reality. The presentation shows the students food items they are familiar with and how it can affect their bodies. For example, the next time they go to a familiar restaurant like Kentucky Fried Chicken, they will know that one fried chicken breast is actually healthier than a Crispy Caesar salad.

In our presentation, we also stated the importance of daily exercise. The middle schoolers responded favorably, mentioning how much they love to play all types of different sports such as; football, baseball, soc-



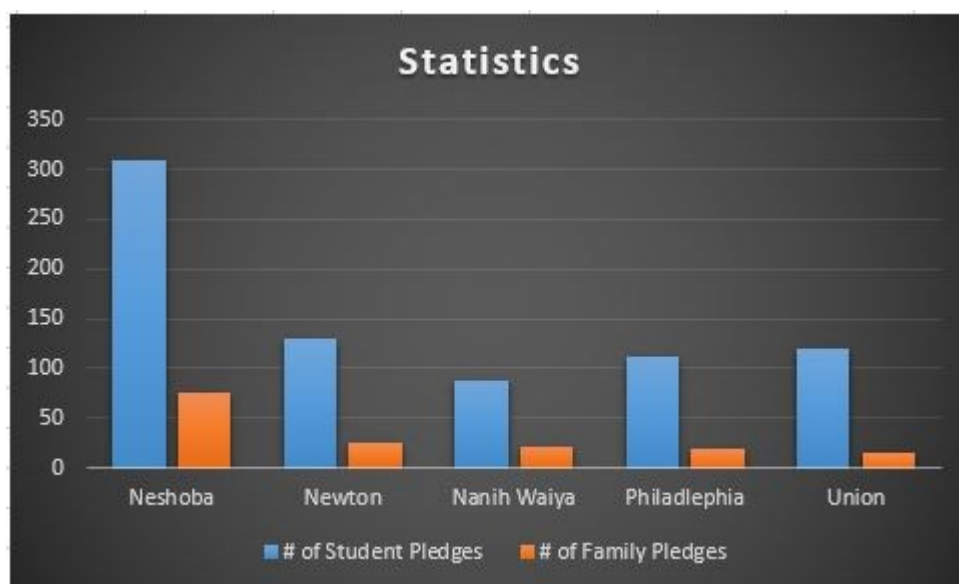




cer, and gymnastics. This gave their classmates ideas on how they too can be active. Overall, our project was a success.

Members felt that a big impact was made based on “Thank You” notes received from several schools. One school had each student write a thank you and mailed the packet to the chapter. This inspired us to keep presenting to other schools because we knew we had made a impact.

We feel that the community benefited based on the statistics we received from families that registered online. Parents obtained a QR code/website address from their child’s pledge card. We had 155 families registered on the website. This number shows that families do care about their families’ health. Shown below is the tabulation of classrooms visited, student pledge cards and family pledges.



Pictured on the next page is a screen capture of our chapters Join-Us website. When parents use the QR code or go to the website, this is the information that’s shared with them. Parents are able to click on several links that are about a healthy lifestyle.







## EC-PBL

HOME OFFICERS PUBLICITY ONE TEAM ONE DREAM COMPETITIVE EVENTS

Pledge your family by completing the form below.

Name \*  
First Last

Email \*  
SUBMIT

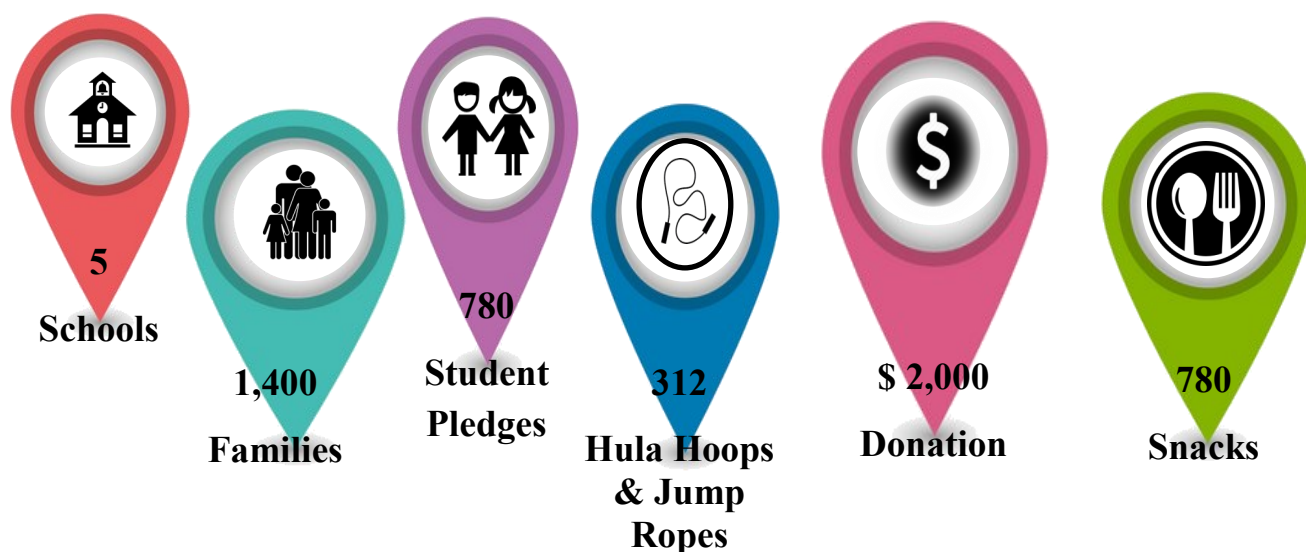
Thank you for pledging to be a "Healthy Family." Every child in the United States should be well-nourished, physically active, healthy and ready to learn. Sadly, they're not. One in three kids in this country is either overweight or obese. But they don't have to be. You're family has taken the first step for a "Healthy Lifestyle."

It's going to take a nation of moms, dads and other caring individuals – people just like you – to raise their hands and lend their voices to the fight against childhood obesity so every kid can be healthy and ready to learn. Working together, we can give kids the keys to health and academic success.

For more resources, check out the list below

- [Choose My Plate](#)
- [Tips for Healthy Children & Families](#)
- [Healthy Eating Tips](#)
- [Exercises You Can Do With Your Kids](#)

## IMPACT & BENEFITS TO THE COMMUNITY INFOGRAPHIC



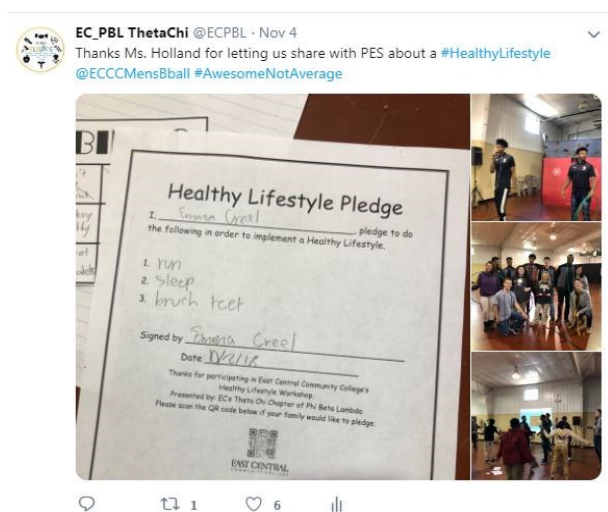


## IMPACTS & BENEFITS ON THE COMMUNITY OF PBL PARTICIPANTS

In preparation for the Healthy Lifestyles presentation, Phi Beta Lambda members spent countless days working with each other by researching and preparing the information. Our team realized we had to communicate and assist one another in order for the Healthy Lifestyles presentation to be successful. As a result, members spent one-on-one time with every presenter to give support and help improve their presentation. The extensive communication skills gathered throughout this time were invaluable and left many of our members feeling extremely confident and proud of their accomplishments. Altogether 53 PBL members participated in this project

### EVIDENCE OF PUBLICITY

PBL members publicized their “Wellness Warriors vs East Central Middle Schoolers” by submitting articles for publicity to promote their events throughout the local community. East Central Community College publicizes activity in the local newspaper in the five-county area it serves. Social media was also used to promote the service project. In addition to the other forms of publicity, a news release was also posted on the news events site of our Theta Chi’s web site. Pictured below and on the next page are a few of the items that were shared on social media and the web.





## EVIDENCE OF PUBLICITY CONTINUED



## CONCLUSION

Theta Chi's Healthy Lifestyle Project was a complete success. Our goals set forth by our chapter officers and college administration were achieved. Not only were the local middle school students impacted, but also the members were greatly impacted as well. The presenting members began to realize their own unhealthy lifestyles. In addition to the success of the project, there are things that were left undone but could not be achieved due to time, that being reaching more students. After the project's deadline, members plan to continue the project throughout more schools to reach more students.

**Healthy Lifestyle Pledge**

I, \_\_\_\_\_, pledge to do the following in order to implement a Healthy Lifestyle.

- 1.
- 2.
- 3.

Signed by \_\_\_\_\_

Date \_\_\_\_\_

Thanks for participating in East Central Community College's Healthy Lifestyle Workshop.

Presented by: EC's Theta Chi Chapter of Phi Beta Lambda

Please scan the QR code below if your family would like to pledge.

Visit our website.  
<http://bottferguson.weebly.com/join-us.html>

**MB** MEMBER OF BONES

**Weyerhaeuser**

Have A  
Happy  
Healthy  
Day

**21 DAYS NO JUNK FOOD CHALLENGE**

**NO CHIPS**  
**NO CHOCOLATE**  
**NO FAST FOOD**  
**NO MUFFINS**  
**NO CAKES**  
**NO DOUGHNUTS**  
**NO PASTRIES**  
**NO CANDY**  
**NO COOKIES**  
**NO BISCUITS**  
**NO WHITE BREAD**

**ALTERNATIVES**  
**FRUITS**  
**HIGH-PROTEIN FOODS**  
**VEGGIES**  
**COTTAGE CHEESE**  
**BROWN BREAD**

**25 HEALTHY SNACKS!!**

1. Air Popped Popcorn
2. Nonfat Cottage Cheese
3. Hard Boiled Eggs
4. Hummus
5. Peanut Butter
6. Fruit Smoothies
7. Almonds
8. Sliced Apples
9. Frozen Grapes
10. Orange Slices
11. Broccoli Florets
12. Green Salad
13. Cherry Tomatoes
14. Frozen Mangoes
15. Sunflower Seeds
16. Soy Chips
17. Bean Salad
18. Tuna
19. Sliced Chicken Breast
20. Pickles
21. Olives
22. Sugar Free Jello
23. Nonfat Yogurt
24. Frozen Yogurt
25. Protein Bars

**10-MINUTE Kid Workout!**

100 jumping jacks  
30 side lunges  
30 squats  
100 jog in place  
30 burpees  
30 lunges  
100 jump in place  
30 mountain climbers  
100 jump rope  
30 speed skaters  
100 butt kickers  
30 lunge kicks  
30 squats  
100 march in place  
30 side lunges  
30 push-ups

