

## PLANNING GUIDE

## 7

## Students Take Action

## Working to Promote Health and Fitness

Some Project Citizen student groups described in your book identified the need to promote better health and fitness in their communities. In response to this concern, students carefully researched and created a plan of action to present to leaders of their community.

How can you promote health and fitness in your community? Follow the steps below to identify a health and fitness problem, research it, and formulate a public policy solution.



1. Brainstorm with your classmates and teacher possible health and fitness problems in your community. Investigate ideas by collecting statistics on the health and activity levels of community members, then interviewing family members on their opinions on each issue. Ask yourself the following questions:
  - Which activities would help improve people's health and fitness level?
  - What in the community poses the greatest threat to personal health?
  - Which activities could we most likely encourage or discourage given the resources we have?
  - What support could we get (for example, better public recreational facilities)?
2. In small groups, compare your preliminary research findings and weigh the issues. Then, as a class, come to a consensus on the health and fitness issue you think your class will be best able to address.
3. As a class, decide on a plan of action. Identify the goals you hope to achieve, most importantly promoting fitness and healthy lifestyles. Find out what is currently being done, if anything, to solve the problem.
4. Under your teacher's guidance, work with group members to interview experts at a nearby university, fitness center, or parks and recreation department. Meet with members of the local media and provide them with solid facts about why you are undertaking this project and what you hope to accomplish.
5. Participate in a class discussion on what information needs to be put into the hands of local government leaders, and how. Then work in small groups to organize all of the information you have gathered in a complete report. Also, create a display that visually explains why the issue is a concern to the community and your class's public policy solution.
6. Ask to present at an upcoming village, town, or city council meeting. Along with your report and display, present statements from citizens, as well as statistics. Explain to the group how this issue affects the community.