



## Winston Stewart

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**Issue** The issue I want to identify is related to childhood obesity. Students need to push themselves in PE class so that they can achieve a level of fitness to combat obesity and later illnesses in life. I want legislation in D.C. to require that students in PE classes, learn how to monitor their heart rate and then achieve a set heart rate that improves their physical fitness.

**Project Description** Many students don't exercise at home and only get exercise in their required PE class. In PE, there are many opportunities to monitor fitness, such as through logs, heart rate monitors, and through exercise. However, not every student is pushed to their limit when they are required to do physical activity. It is my goal to have students measure their heart rate and sustain it for a set period of time so that they can improve their fitness over time. I spoke to several teachers and coaches in my school who thought this was a great next step for the fight against obesity. I will first write a letter to our State Superintendent of Education sharing my concerns and my vision. I will request that they consider adding in a mandatory component to the PE curriculum to log their heart rate and to achieve an age appropriate heart rate for physical activities in PE class. I will also send a letter out to principals and PE teachers in the city, sharing my vision and a fact page about the benefits of this project. Lastly, I would like to start a petition to have this started in our "state" but by voicing our citizens' concerns of childhood obesity and the need for this kind of mandate.

**Project Outcome** We are just beginning this project and do not have an outcome at this time.

**Request** What evidence have you seen to support our cause? Do you know of any other legislation that would help support our cause?