

RISE:

Running Inspires Self-Esteem

Alex Baumgarten and Hetal Patel

NC Schweitzer Fellows, 2015-2016

Brody School of Medicine at ECU

PROJECT GOALS

The Fellows created a running club for at risk girls grades 4 - 5 and grades 5 – 7 to promote physical activity and enhance self-esteem. Twice weekly sessions were held at the Lucille W. Gorham Intergenerational Community Center for each age group. The culminating event was the Hamstring Hustle, a 5k race put on by the Brody Medical Student Council. After completing the race, the girls have an increased recognition of the value of exercise, while gaining a greater sense of their capabilities and accomplishments.

RESULTS

- As of April 2016,
- 13 of 17 girls finished a race (5k race or ½ 5K race)
 - 8 of 9 girls finished the final 5k race
- For 4 months or more, the girls accomplished the following:
- 15 of 17 girls exercised 3 hours or more per week
 - 9 of 17 girls limited their non-school related screen time to 2 hours a day 4 or more days per week
 - 13 of 17 girls drank 6 or more 8 oz. glasses of water a day

SERVICES/ACTIVITIES

- The RISE program met twice a week for 1-1.5 hours per session. Each session consisted of the following:
- Warm-up activity (athletic simon says, relay race, stations, and yoga)
 - Stretching session
 - Weekly running exercises
 - Cool down with structured discussions and journaling activities following a curriculum established specifically for the target population. Topics centered around pertinent health, social and emotional issues, with each discussion building upon the ones previous.

SUSTAINABILITY

A Brody School of Medicine student service organization, Serve Greenville, will be leading RISE next year and have committed to sustaining it long-term so it can continue to impact vulnerable adolescent girls in Pitt County.

