

# **Move More After School Recipe for Success**

**Recipe Name:** Brentwood Boys and Girls Club “15 Jogging Program”

Learn how the Brentwood Boys and Girls Club increased physical activity among their participants by providing a 15-minute invigorator everyday.

## **Ingredients:**

### **The target audience**

All youth present in the Brentwood Boys and Girls Club at 4:15 p.m. We normally have 40 kids at the club by that time of the day, ranging in age from 6 to 14.

### **Resources needed for the project**

Four staff members, one on each corner of the patio. Safety is first, so the staff supervise the kids and cheer them on to keep them jogging.

### **The partners**

None. We simply encourage 15 minutes of jogging or walking as a daily club activity.

## **Instructions:**

### **The project**

Some kids do not like physical activity and would not choose to do it on their own. We include 15 mandatory minutes of jogging or walking a day to assure that everyone gets physical activity. Ten laps around the building make a mile. It takes about 15 minutes for the kids to complete 10 laps. We want our kids to go the “extra mile” every day, so we encourage the 15 minutes of jogging or walking.

The kids have a great time going the extra mile. Once they get started, even those who would not choose to do it on their own, are out there having fun with their friends.

### **The basic steps to implementing the project**

Make sure the activity is listed in the schedule, the gates are open and the staff is full of energy to either set the example by jogging or to cheer the kids on as they do their laps. The staff can really make a difference – when they buy into the activity, the kids get more excited.

### **The time-frame**

It took no time to start the program. Having 40 kids jogging or doing any other cool program is or must be easy. We will continue this activity as long as we have a building to walk around. We don't want to stop the kids - they need to move.

## **Results:**

### **The outcomes of the project**

An average of 40 kids “go the extra mile” Monday to Friday, from 4:15 PM to 4:30PM. If the weather is bad, we do 15 minutes of calisthenics inside the building.

### **Why it was a success?**

Success is activity for everyone. We are sure that in our Club, at least 40 kids are jogging or walking 15 minutes every day. We all know the benefits of exercise, but more than that, the kids are having fun. While they go around the building they play little running games, talk to each other and socialize.

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