

Students get active at Edmond health event

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Published: April 28, 2009

EDMOND — Former University of Oklahoma football star Rocky Calmus advised Edmond fourth- and fifth-graders to stay active and healthy.

Calmus was the featured speaker at an event called Move More, Watch Less, on Friday at University of Central Oklahoma.

Organizers said the program's goal is to get students to realize the importance of leading an active life. The activities were sponsored by the Oklahoma Action for Healthy Kids committee.

"I'm trying to make them aware of the need to stay active and not get stuck behind a computer or a video game," Calmus said.

During the four-hour event, the students played games that got their hearts pumping — such as fencing and basketball. There were 27 different activities for students.

Students from UCO's kinesiology department kept the kids moving.

Travis O'Neal, a kinesiology major and aspiring strength and conditioning coach, said working with the kids was a joy, and he hoped that they would avoid the temptation to sit in front of a television all summer.

Maddie Waller, 11, a fifth-grader at Russell Dougherty Elementary, said she couldn't exactly pinpoint which game she liked the best, but she loved fencing and enjoyed scooter racing.

John Barnett, 11, a fifth-grader at Charles Haskell Elementary, said he loved getting to play outside. He later admitted that he liked playing video games but not enough to keep him from playing outdoors.

Marianne Pierson, 41, came out to the event with two of her children. She said she appreciates the efforts to teach kids to stay active and hoped similar activities would be held in the future.