



## Austin News

# WATCH: East Austin middle school builds course for exercise, meditation

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KVUE News

### Video



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## KVUE's Tom Harris reports

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A new program is underway at an East Austin middle school to make sure students stay both physically and mentally fit. It includes a unique combination of exercise and meditation.

The new program is called Healthy Planet for Healthy People. It's been a community project funded through such groups as Texas Action for Healthy Kids, Waste Management and Latin Works.

Rashad Hill, a 6th grader at Martin Middle School, Friday explored the new workout areas that he helped build. "It's good for your legs. It helps you exercise and get outside a lot," he said.

The challenge course includes eleven stations. Some stations are designed to get the heart pumping, and others test agility.

"To get these students prepared for what lies ahead of them after school is all about getting their minds going and their bodies going. We know that a student who has been physically active is going to think better in class," said Liz Guernsey, Active Life.

The students have been very committed to this project. More than 100 of them came out on a Saturday afternoon to build each of the work stations.

"I knew, in the future, my brothers and sisters will be able to come out here and use this. I want them to have something to enjoy," said Kris Reyes, 7th grader.

The last station is a place for tranquility and meditation. There is a garden with benches and a small pond that is currently under construction.

Martin Middle School Teacher Amelie Sanchez says the students picked out what they wanted.

"A lot of our kids felt that they are really stressed out, whether it was at home or at school," Sanchez said. "The stations -- like our meditation spot -- were built to help them with that stress."