

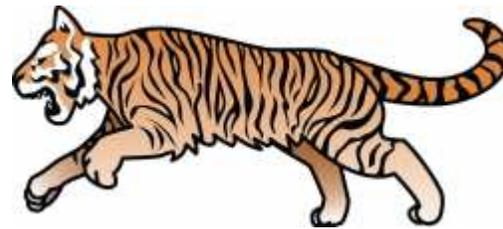
Guymon DAILY HERALD

Guymon kids 'Walk Like a Tiger'

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By Miranda Fleming

Guymon Public Schools are ramping up their Physical Education (P.E.) department with a new program, "Walk Like a Tiger," dedicated to promote healthy lifestyles, not only for the students, but for their families as well.



"It is a program to encourage students to develop a good habit of walking and teachers will include walking activities along with their normal physical education curriculum," said Assistant Superintendent, Mike Parkhurst. "Each teacher and program level will set their own walking goals, with younger students walking from eight to ten miles and older students walking as much as twenty-five miles, during the school year."

Parkhurst went on to say, a subcommittee of the Texas County Coalition, the Children's Health Taskforce, "is working to help provide needed funding to support the teachers in this effort."

Academy School P.E. Instructor, Nadine Graham, told the Guymon Daily Herald the Walk Like a Tiger program models Oklahoma City's Kids Marathon, which is normally held in April.

"It's about promoting fitness and getting up and doing something everyday," Graham said. "We're in the early stages now, but want the kids to be active after school and get the parents involved as well."

Graham went on to explain, students are building up for a 1.2 mile marathon Guymon Public Schools will host toward the end of the school year, more than likely around the time Oklahoma City hosts their kids marathon. At the beginning of P.E. class, Graham's students walk one half mile per P.E. class, totaling one mile per week. Graham reports, since the beginning of school she has kept track of the students' progress and they have already walked eight miles total.

In addition to in-class miles, Graham has asked her students to walk, at least, a total of 10 miles on their own at home, with hopes of promoting "family time" and a healthy lifestyle.

Graham reported, the other schools are also participating with each school doing something different and all schools will come together in April for the 1.2 mile kids marathon.

"For the marathon, some kids will walk, some will run and we will make adjustments for those with disabilities, it's something for everyone," Graham said. "We hope parents will join and get the community involved in getting fit."