

Transcript for “Our Healthy School” Youth in Action for a Healthy Iowa Video Contest Entry by Madeline George and Natalie Ervolino

**George Washington Middle School
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Natalie: Welcome to George Washington Middle School

Maddi: And today we’re going to tell you how our school promotes healthy eating and exercise.

Natalie: Physical activity is something really important in our community.

Maddi: Each student in our school has gym class every other day for 50 minutes.

Natalie: The units in gym change about every 2 weeks to keep the students interested and want to keep trying their best and participating.

Natalie: Our school also promotes healthy eating. The health policy has changed in the past couple of years to help eliminate foods high in sugar and fat being allowed in school. Everyday the school cafeteria offers fresh fruit and vegetables. Our school encourages the importance of eating right and athletic activity...

Maddi: Because a healthy body means a healthy mind...

And so you will learn better.