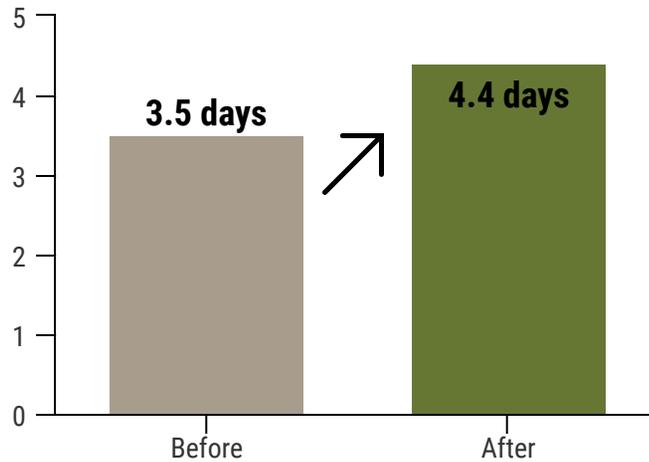


Anoka County SHIP and Anoka Hennepin School District Community Education collaborated to expand after school intramural activities for middle school students. Students and coordinators identified three new activity options, launched in 2018: table tennis (winter), ultimate Frisbee (spring), & flag football (fall). Results from participant surveys show improvement of students' health behaviors, both inside and outside of the intramural program.

ANOKA HENNEPIN INTRAMURAL PROGRAM

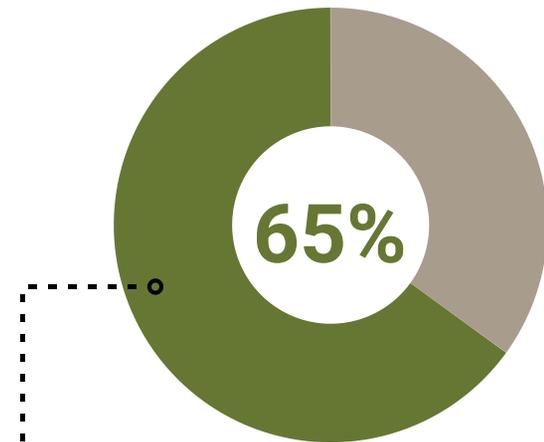
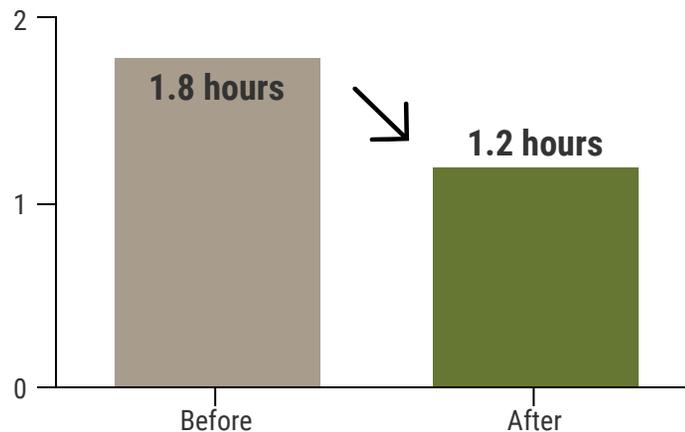


Average Number of Days per Week Students Report Getting 60 Minutes of Moderate to Vigorous Activity



6 Middle School Sites
162 Student Participants

Average Hours per School Day Students Report Watching TV



65% of students report that, since participating in the new intramural, they've increased their physical activity *outside* of the program