WED., SEPTEMBER 18, 2019 | 68.0°, OVERCAST FORECAST

The Wilson Times

WILSON'S LOCAL PRINT AND DIGITAL COMMUNITY INSTITUTION SINCE 1896

NEWS

SPORTS

LIFE

OPINION

OBITUARIES

CLASSIFIEDS

PUBLIC NOTICES

WAW

SUBSCRIBE / RENEW

CONTACT

COMPANY

Seventh-graders learn to count calories

Thank you for being one of our most loyal readers. Please consider supporting community journalism by subscribing.



Kat Alphin, a physical education teacher at Springfield Middle School, helps seventh-grader Mason Cox during a MATCH class at the school Wednesday.

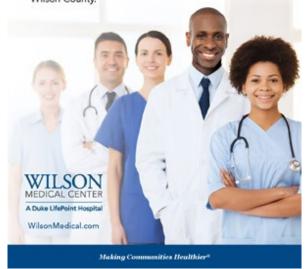
DREW C. WILSON | TIMES

Posted Friday, October 19, 2018 8:40 pm

Your Health Has a New Number: 800.424.DOCS (3627)

Find a doctor today.

The strength of good health starts with finding a great doctor. Wilson Medical Center's physician referral line provides you and your family one number to connect with hundreds of doctors and healthcare services in Wilson County.



Events (12)

Displaying event occurrences 1 - 5 of 12 in total

All Events

By Drew C. Wilson

dwilson@wilsontimes.com | 252-265-7818

Seventh-grader Kamryn Thaby understands the relationship between the calories she takes in and calories she burns away.

"I'm like overweight, and I want to eat healthier and do more cardio and stuff so that I can be at the weight I want to be," Kamryn said.

Kamryn is one of about 800 seventh-graders in Wilson County who are participating in MATCH, a national childhood obesity intervention program. MATCH is an acronym for Motivating Adolescents with Technology to Choose Health.

"The more calories that you work out and burn, the more you can eat," Kamryn said. "I tend to eat a lot without exercising much, so if you consume a lot of calories but lose the weight, then you will end up being at a good equal balance of your weight."

The idea is to establish healthy eating and exercise habits at an early age so that when the children are adults, obesity will not be a problem.

The program was started three years ago with a grant through the Healthcare Foundation of Wilson.

Kat Alphin, a health and physical education teacher at Springfield Middle School, said the program has really made a difference.

At the very beginning of the year, students did a fitness assessment by taking their weight and height and calculating their body mass index.

Seventh-grader Dylan Williford said the program helps students find their daily caloric intake and how healthy they are being with the eating habits and exercise.

"My goals are to lose a bit more, to stop eating as much as I do, to eat healthier than I do and to be more active," Williford said.

Alphin said at the end of the year, students will do a post-fitness assessment where they will see where their weight is and what their height is and where they grew.

The MATCH program will also gather information that will be part of research conducted at East Carolina University.



Wilson County Fair

Wilson, NC | Wilson County Fairgrounds Tuesday, September 17, 2019

Get Tickets



Hoot and Holle

Fountain, NC | R.A. Fountain General Sto Saturday, September 21, 2019

Get Tickets



2019 Best of the Best Gala

Wake Forest, NC | Wake Forest Renaissa Thursday, October 3, 2019

Get Ticket



Fall Fling presented by the Wilson County Democratic Party
Wilson, NC | Something Different
Wednesday, October 9, 2019

Get Ticket

"A cool thing about the program is that it has good lessons online that stay updated," Alphin said. "It's really good information and materials. Right now, we are on energy balance, and we are talking about caloric intake and expenditure and how important it is."

All of the kids in seventh grade were given a pedometer to count steps in regular life and during challenges in the gym.

"We are teaching them that 2,000 steps is a mile, and in one mile, you are burning 100 calories," Alphin said. "So they are not only thinking about the caloric expenditure part of it but also the consumption and just being able to think about what they are putting in their body, what fuels their body to help them go."

Alphin's classes have been setting goals for physical education with steps and then the different activities that they are doing.

"I have seen a lot of results with weight," Alphin said.
"Obviously, some kids gain, but there are some who are losing and there are some that are maintaining. I think the biggest thing for middle school is understanding where they are. It's not just about where they are on the scale because muscle obviously weighs more than fat. Just helping them be mindful about what they are intaking and consuming and their body is going to fluctuate based on that.

"MATCH is a program that goes with health, but it also goes in the concepts for PE as well because you are moving. Its hand in hand. We are talking about energy balance."

Alphin and six other health and physical education teachers were recognized by the Wilson County Board of Education Monday for the advances in the MATCH curriculum. The teachers included David Lyndon, Eddie Reel, Brent Pearson, Janice Gaetano, Lydia Crandall and Joanna Farriss.

"The program focuses on nutrition education and increased physical activity," said Lane Mills, Wilson County Schools superintendent. "It empowers students to make healthy choices, and studies have shown that the program has a significant impact on weight management for students while they are in the program and in the future."



Let There Be Wine and Cheese!
Wilson, NC | Grapenuts
Wednesday, October 16, 2019

Get Tickets

1

2

3

NEWS

Police: Cook Out fight under investigation

Nash agrees to add 55 jail cameras

Bailey downtown group beginning to organize

Construction causes Lake Wilson closures

Wilson celebrates Constitution's anniversary

More

TRENDING STORIES

33 arrested in sheriff's drug sweep Suspect to stand trial in fatal stabbing Raleigh Road Parkway traffic access is changing

Man charged with sexual assault on 6-year-old

Thomas Law, Farris & Farris to merge





LIFE

'Backbone of the family': Grandparents treated to breakfast at school

'Sallie B. High' on schedule

Try something new in these cookbooks

Blue and orange muffins: Fruit blend a tasty combination

Book club enriches summer for Elm City Middle students, teachers



SPORTS

Inexperience bites Wilson Prep volleyball

Cougars climb to No. 5 in AP 2-A poll

AREA ROUNDUP: Singles play boosts

Beddingfield past SWE 8-1

MIDDLE SCHOOL RESULT: Elm City clips

Red Oak 1-0

Area Calendar, Sept. 18-19

www.Gaberowerpayments~no gimmicks~ great selection

Click Here To View Our Large Inventory

The Wilson Times

126 Nash St. W. Wilson, North Carolina 27893 252-243-5151

News **Sports** Life Opinion **Obituaries** Classifieds **Public Notices** WAW Subscribe / renew Contact Company

GET SOCIAL