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Racing Around the Church

Bishop David Singleton has been named a Healthy Hero by the Greater Rochester Health Foundation for the program, “Ark’s Fit Kidz”. Conducted at the Ark of Jesus Ministries, this two-year summer program offers physical activity and nutrition in a low-income neighborhood, on the City’s northwest wide. Several days a week, children sample healthy foods and working with their parents to prepare them at home. With no green space in which to play, the church set up play stations in the empty parking lots with relay races, basketball and hula hoops. On rainy days, the children moved inside to Wii Fitness activities.

“Beyond our summer/fall program the grant helped us increase the health and nutritional consciousness of our congregation,” says Bishop Singleton. “We’ve also used the Wii’s, Juicers, etc. in our church on Fun Night and at other times, maximizing the GRHF investment. Thank you so much GRHF, for helping us help others.”

John Urban, president of Greater Rochester Health Foundation, says “Many of us have forgotten the simple pleasure of play. As adults, we think of exercise as treadmills and weights, but for kids, exercise is just fun, active play. In watching a relay race, one energetic little girl ran right by the person to whom she was to pass the stick. There was no stopping her. With a huge smile she ran all the way to the end of the parking lot and back. Bishop Singleton has re-introduced the concept of inexpensive, regular fun as an important part in the lives of kids.”

The Foundation recognizes people who go beyond their normal duties to help kids age 2-10 in the Greater Rochester area stay healthy through improved children's nutrition and/or increased physical activity. People interested in nominating Healthy Heroes may visit www.beahealthyhero.org. Healthy Heroes are awarded $250 to be donated to the organization of their choice.

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