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Highmark Healthy High 5 SPARK Active Recreation Program

Profile: **Parris Logan**

SPARK Leader, North Shore Community Alliance
Pittsburgh, PA



For the past two years, Parris Logan has been leading SPARK sessions at the North Shore Community Alliance, a non-profit social services agency offering a wide range of services in education, including safe and nurturing after-school programs for children.

Fitness with a Smile

Parris says that a major problem facing children today is the tendency to lead a sedentary lifestyle with too much time spent in front of the television. That's why he's so pleased that SPARK through Highmark Healthy High 5, an initiative of the Highmark Foundation, is helping to combat this trend.

The kids who participate in his sessions range from 6-18 years old. They meet three days a week over the summer for an impressive 90 minutes per session. Choosing activities that appeal to such a wide age range of children isn't an easy task, but Parris says the older children often serve as great helpers and motivators for the younger children.

"The way the kids work together and have fun is a great testament to how SPARK appeals to everyone."

"SPARK gets kids' hearts to beat faster and makes them healthier in a fun and creative way that disguises physical fitness."



According to Parris, while the kids are

giving themselves the reward of good health, the biggest reward for him is seeing the smiles on their faces during and after SPARK activities.

Making SPARK a Part of Each Day

Parris' involvement with the SPARK Active Recreation program has influenced his own outlook on fitness.



"To me, the way the kids work together and have fun is a great testament to how SPARK appeals to everyone. It's always a pleasure to watch children of all ages develop their skills—both social and fitness—with one another."

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Sports, Play & Active Recreation for Kids!

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"I've incorporated it into my daily routine and often use it with my own children.

SPARK has made me more aware of my own health and well-being. It's also helped me to become better informed about the effects of stress and how to prevent heart disease."

Fit for Life

SPARK has become such an important part of his life that Parris hopes every child has the opportunity to participate in the program.

He says SPARK has been a perfect fit for his organization and encourages others to get involved because it's designed in a way that can enhance any after-school program.



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If you are interested in learning more about the SPARK program or in offering SPARK activities, please visit www.paSPARK.org