Mission Statement: To provide a day that promotes fun and healthy living through physical and educational activities while building a bridge between St. Lawrence University and the local community.

The Facts
- Being physical will help increase your chances of living longer, have stronger muscles and bones, stay at or get to a healthy weight and reduce the chance of heart disease, type 2 diabetes and a stroke.
- Establishing good living habits and lifestyle practices at a young age makes it easier to maintain them and stay healthy throughout the rest of life.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Obesity is defined as having excess body fat.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.

My Role
- Searched for a way to have our FYS event, Sunday Funday in either Newell Field house or Leithead Field house. I had to research who coordinates events, activities, or practices in each facility. Went to Robin Durcher to ask to rent Newell but it turned to be Mary Ann Castle because she coordinated the master sheet for events in Newell. After a few weeks Sunday Funday was guaranteed Leithead Field House.
- With Scott, we wrote a letter asking individual store if they could donate anything for our Sunday Funday event (as a tax write off for the stores). We then found Randy LaBrake who helped us edit and gain access to the university Letterhead. Finally, Scott and I went to various different local stores asking for donations. We were able to gain donation from some major stores: Price Chopper, Wal-Mart and Kidney-Drugs.
- Dan, Travis, and I all ran the Tug of war stations.
- Scott, Marisa, and I found a huge tarp for the tie-dye activity under the belchers by the outdoor track. We used it for Tie-dye. After Sunday Funday was over, Scott, Marisa, and I had to clean it off by rinsing it and hanging it to dry then return it.

The Statistics
- Inactive adults have a higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers.
- Less than half (48%) of all adults meet the 2008 Physical Activity Guidelines.
- Less than 3 in 10 high school students get at least 60 minutes of physical activity every day.
- According to a report by troubled teen101, 14% of adolescents in the United States are overweight.
- There are 215,000 adolescents that have diabetes which is approximately about 1 in every 400 children.

Events
- Face-painting
- Musical chairs
- Tie-dying
- Dizzy bat
- Crab soccer
- Trail mix making
- Tug-O-War
- Parachute Game
- Army crawl