



Anna Cosner

Overland Park, KS

Leading Healthy Lifestyles

Anna Cosner has been a Girl Scout for 12 years and is in Troop 1872 in Service Unit 675. She is currently a senior at Notre Dame de Sion.

Anna's Gold Award project addressed the issue of obesity and nutrition in today's youth. "Leading Healthy Lifestyles" provided physical exercise and healthy recipes for children to promote a healthy lifestyle. Anna held a presentation with activities for students at Cedar Hills Elementary where she provided healthy, delicious treats, recipes and activities.

Anna worked with Cedar Hills Elementary School and Walmart to bring healthy snacks, recipes and education to students. By empowering children to know how to feed their bodies nutritious food and exercise regularly, her project will positively contribute to a healthier future. If children learn about living a healthy lifestyle when they are young, they will become a more knowledgeable and healthier generation.