



Miranda Tenove

Olathe, KS

Healthy Living Plan

Miranda Tenove was a Girl Scout for 13 as a member of Troop 5225 in Service Unit 682. She is currently a freshman at Friends University.

Miranda's Gold Award project addressed how athletics helps people grow as individuals. As an athlete herself, Miranda was discouraged to hear youth express their dislike for physical activity. To change the negative perception youth had, she worked with the Physical Education Teacher at Pioneer Ridge Middle School to create fun and engaging activities for the students.

Miranda's Gold Award project helped her step out of her comfort zone. She learned to speak up and be assertive with the students. Miranda is now in college and on the track and field team. She left her lesson plans with the Physical Education teacher who will continue incorporating her ideas in her teaching method.

