

Boswell “Fit and Fun” Summer Arts Camp

In partnership with the
Believers In Boswell Community Coalition



Target Audience:

100 Families ~by targeting 1st Grade through 5th Grade students and their parents/guardians who reside in the Boswell Community



Project Goal/Objectives:

To educate and promote health/wellness to students by :

- Teaching appropriate diet using the 2006 food pyramid guide through visual arts play.
- By promoting a healthy diet and physical activity through fun activities such as: dance, outdoor active play, games and aerobics.
- To educate and promote health/wellness to students by teaching and providing hands on experience in making healthy nutritional snack choices:
- To educate and promote health/fitness by teaching and exposing the students to Native American physical and spiritual activities.

**THIS PROJECT WAS FUNDED BY
THE OSDH WIC/TURNING POINT
GRANT**

Project Scope/Narrative:

Introduce students to hands on activities using Visual Arts: Healthy Rainbow Plate (placemats), Poster contest promoting Healthy initiatives (Top 12 winning posters will be displayed at local businesses), Develop a Fit and Fun 2006 Boswell Summer Art's Cook Book (kids will identify and submit healthy recipes for the cook book). Art work will be displayed and Cook Books will be handed out to all participants (families) at the camp's Grand Finale performance. Participants will create and design individual kites with food pyramid design, create a parade float using materials made at camp and displayed at Grand Finale Performance for local Homecoming Parade at the end of the week. Students will be taught dance routines to music that encourages appropriate diet and exercise. (Body Boogie, You are What You Eat, Artichokes and Brussels Sprouts, the Food Pyramid) Each "Healthy" Dance routines will be showcased at the Grand Finale Performance. Camp Sponsors will provide one Healthy Dance CD per family to encourage continued physical activity at home. Each student will given a log sheet and pedometer to log physical activity for the week (Incentives presented at Grand Finale to students who turn in the most steps in each age group for the week). Physical Activity Games that are associated with nutritional or physical activity education will be conducted. Examples: Abdominal Tag, Great Grain Obstacle Course, Muscle Mania, Steamer Galore (stretching activity), Trail Walk, Fitness Scavenger Hunt, and flying kite's made in the Visual Arts Class early in the week. Youth will have a "hands on" experience of identifying food items, serving sizes, and proper food categories on the 2006 Food Pyramid Guide, and learn how to read food labels. Snack recipes will be provided at Grand Finale Performance.

Project Outcomes:

The Boswell Fit and Fun Summer Arts Camp provided each student who participated a fun filled experience full of creativity and innovation. By utilizing the arts, children learned valuable information on living a healthy lifestyle and developed skills to make healthy choices regarding nutrition and exercise for a lifetime.

