

CHILDREN'S FITNESS COURSE

In partnership with

Beaver's Health Awareness Partnership

Project Goal/Objectives:

1. Provide children a safe place to be physically active while adults/parents utilize walking trail
2. Increase the physical activity of **WIC mothers** and other Beaver citizens

Project Scope/Narrative:

Beaver is a small rural community in the panhandle of Oklahoma. Until a couple of years ago, the community had very limited resources to promote physical activity. The Town of Beaver at that time received a grant in the amount of \$54,000 from the Oklahoma Parks and Recreation Department for the construction of a walking trail. The Beaver Health Awareness Partnership (BHAP) whose primary goal is to build a Wellness Center for their community, knows the importance of staying active. While BHAP continues their quest for funding to develop a Wellness Center, they wanted to encourage the utilization of the walking trail. Thanks to the **WIC grant** we were able to obtain new Fitness Course equipment, located in the center of the City of Beaver Walking Trail. It is visible from nearly all parts of the trail., and is not only allowing a greater number of mothers to use the trail, but is also increasing the activity of the children as well.



Testimonial:

As we all know, health and wellness are the "hot topics" for our state and community. As most of you know, it is challenging for families to commit to consistent "physical activity" with our very busy daily lives. However, since our community has recently received the community based **WIC grant** for the youth fitness equipment placed in the center of our walking trail, it is not only beneficial for me and my family but to all the families with youth in our community. This new equipment allows my family and others to utilize the walking trail and exercise equipment on a more consistent basis while the children are engaged in their own recreation on the youth fitness equipment.

Whereas before, I would have to load the bicycles, drive to the trails, unload the bicycles, etc. one daughter is old enough to ride her bicycle along side or ahead of us, but it was challenging for me to get a good work out while trying to entertain a 3 year old that wants to be with you but not quite old enough to ride a bike, doesn't want to be in a stroller and has a mind of their own!!!! Now with the youth fitness equipment (or playground as we like to call them) we have another option!!!!

Alissa Schlessman
Beaver County Community Member

Testimonial:

As a committee member and father I see the equipment purchased with the 2007 **WIC/Turning Point Grant** being a great benefit to families with young children. The walking trail is a great addition to the community of Beaver., and the equipment is a great alternative for children allowing them to have fun while getting exercise at the same time. The equipment is centrally located within the walking trail and children can be monitored at all times. I see my family and community utilizing this equipment for many years to come.

Kerry Stafford



Project Outcomes:

1. Increased physical activity among WIC mothers and other Beaver citizens
2. Increased physical activity in children

The 2005 Dietary Guidelines are promoted at the Beaver County Health Department by educating **WIC participants during their re-certification** and nutrition education appointments. Clients are counseled on an individual basis on how to eat healthy and increase physical activity in their everyday lives. WIC clients are also informed about the walking trail and the new children's fitness equipment.

**THIS PROJECT WAS FUNDED BY OKLAHOMA WIC SERVICE and
USDA FOOD NUTRITION SERVICE**

