

# HEALTHY CHOICES

In partnership with  
**Central Oklahoma Turning Point**

## Project Goal/Objectives:

1. Promote healthy snack choices.
2. Increase physical fitness.
3. Offer water aerobics and swimming lessons.

## Project Scope/Narrative:

Southern Nazarene University (SNU) is pleased to apply for the **WIC/Turning Point** community health initiative. *Healthy Choices* aims to provide quality wellness seminars and activities for the community. Based on current trends of obesity and activity deficits among youth, the program offers both education and training activities to promote healthy lifestyles.

Bethany Elementary/Middle School students, ages 6-13, parents/caregivers are the audience. The medium to low-income populations lacking monetary access to educational opportunities to support healthy lifestyles will be offered free services. Many of the participants are **WIC eligible families.**

Seminars, walking and aerobics classes will be held at the Bethany Elementary School gym within close proximity to target audience. The pool at SNU will be open Tuesday/Thursday, 6:30PM-8PM for aquatic activities. Five seminars will be held Friday nights at 7 PM during June. Satisfaction will be determined using attendance records, surveys, and personal testimonies. Target heart rates will be monitored and fitness testing will be given as both a pre- and post- assessment.



## Testimonial:

July 10, 2007

To Whom It May Concern:

My name is Beverly Williams and I am 61 years old. I have had surgery on both of my knees and did not believe that I would be able to participate in any type of aerobics classes. My daughters told me about the aerobics classes and wanted me to come and try to work out. I first attended the water aerobics classes and I found that I did feel better the next day. In fact I have found that when I get out of bed in the morning I am no longer taking baby steps and I can walk normally. I cannot tell you how wonderful it is to be able to walk.

I am now walking in the class on Monday & Wednesday, and attending the water aerobics class. It is wonderful to meet new people and to have such wonderful instructors who are concerned and want to make sure that everyone is getting the most out of the class. I hope that we can continue the classes in the future.

Beverly Williams



## Project Outcomes: as a result of the WIC Grant

1. Approximately 40 females and 10 males participated in the program (10 of the total were children).
2. 15 participants attended per session/night; 60 participants per week.
3. More females participated in the dance and water aerobics; equal numbers of males/females participated in the lap swimming program.
4. Increased community awareness of the importance of exercise.

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