

## **Oklahoma City Indian Clinic's (OKCIC) Teen Fitness Program**

The OKCIC decided it was time to implement a teen fitness program. In 2008, the clinic received 25 Trek bikes through the NBC TODAY Show Lend a Hand Program.

In 2009, the clinic piloted a small bike program with 10 OKCIC patients, 10-15 years old. The program included 6 evening bike events during the summer 2009. The program was a success and the clinic proposed a year round Teen Fitness Program that would include evening bike events and quarterly interactive meetings.

In January 2010 the clinic became a Southern Plains REACH US Legacy partner and implemented the proposed Teen Fitness Program. This program is for youth 10-17 years old who are interested in becoming more active.

The program offers bi-monthly evening bike events and interactive quarterly meetings. The first meeting was held January 9<sup>th</sup> at the Oklahoma City Indian Clinic. Robert Zumwalt, CEED Partner of the Wichita and Affiliated Tribes, was the guest speaker. He taught the parents and children Tai Chi. All participants enjoyed learning about Tai Chi.

The next quarterly meeting will be held in April. I am currently working on partnering with Rock town, and indoor climbing gym. The bike program is available to patients and non-patients. All participants must fill out an application to join in the fun.

Applications are available at the OKCIC Wellness Center. Applications will soon be available online. For more information please visit [www.okcic.com](http://www.okcic.com) or contact Diane Clayton, MS, RD/LD at (405) 948-4900 ext 160 or [diane.c@okcic.com](mailto:diane.c@okcic.com).