

A summer camp was hosted by the Bryan County Turning Point Coalition to address and promote physical activity and nutrition in the county.

It was held last week at the OSU Extension Office and the Oklahoma United Methodist Camp's ropes course located in Kingston. It was funded through a Turning Point/WIC grant.

The five objectives for the camp were:

1. To identify the variety of foods comprising "My Pyramid" and learn the value of increasing fruit and vegetable consumption, increasing whole grains in the diet and using fat-free, low-fat, or reduced fat milk and milk products.
2. To recognize the difference between a portion and a serving size; recognize serving sizes and how much fat and sugar are in a serving.
3. To learn and increase their awareness about useful information provided on food labels.
4. To participate in a physical activity that encourages active play, promotes trust and builds self-esteem.
5. To promote trust and builds self-esteem. Cardiovascular endurance through physical activity that promotes strength training and goal setting.

The target population was 50 youth, ages 10-12 years of age residing in Bryan County, with priority given to children who are members of families currently enrolled in the WIC program.

The three-day camp was broken up into three different and unique days with different activities for each day. Day one and two consisted of break out sessions that provided education lessons on healthy nutrition, fitness and cardio, being fit with fun, tobacco education, physical-health challenges, outdoor games, alternative physical activity that promotes fitness, hands-on food preparation, team building, and self-esteem.

Participants were provided the opportunity to learn how to prepare a healthy snack through a cooking demonstration breakout session and were given healthy and nutritious recipes to be utilized in the home by the entire family.

Community partners included SOSU staff and students, OSU Extension Educators, Big Five Head Start, Health Department and Guidance Clinic staff.