

Creek County
Bristow Turning Point
Established 2003

At a Glance

Anyone who has been on a diet knows the powerful determination and motivation felt when first starting out. Then, as time goes on, the rate of health and fitness slows down; individuals lose weight more and more slowly, and may even gain a bit at some point. And suddenly, it is not quite as easy to stay motivated any more. Medical professionals are constantly trying to figure out why methods are not working for their patients, and the main conclusion is the lack of motivation. That is why the Bristow Turning Point advocates *Walk This Weigh* as a continuous health and fitness program for many individuals in the town. All the walking has inspired town members not only to keep up with health and fitness, but also to equip their community with safe trails to the schools and to the sports complex. Also, it has led to the awareness of physical education programs.

Key Activities of 2005

- Walk This Weigh
- Free Clinic
- Wildflower Run
- After School Program
- Sidewalks and Safe Walkways
- Habitat for Humanity

Priorities of the Partnership

- Health & Fitness
- Alternative Youth Programs
- Trails

Partners

- Bristow Medical Center
- Bristow News
- Bristow Public Schools
- City of Bristow
- Community Bank
- Creek County Health Department
- KREK Radio
- Ministerial Alliance
- Spirit Bank
- Sports Complex

For More Information:

Dr. Chip Cooper
Bristow Medical Center
700 West 7th, Suite 3
Bristow, OK 74010
918-367-5531