

Grady County
Get Fit Grady County
Established 2004

At a Glance

The Get Fit Grady County Coalition came together to begin addressing the obesity crisis we are facing in our state. We plan to make a difference one 5th grade classroom at a time. The premise behind the Walk this Weigh on Route 66 is to get kids moving throughout their daily lives. Get Fit Grady County has challenged every 5th grade class in Grady Co. "Walk this Weigh on Route 66". The reward will be a free class trip to Frontier City. The class that finished first and with the most points will receive the grand prize compliments of the Get Fit Grady Co. Coalition. The classes are able to accumulate extra points by having nutritious snacks at class parties, if the teacher comes up with an innovative way of incorporating p.a. into their daily lesson plans, if the student engages their families in physical activity and by participating in community events that focus on physical activity like community walks.

Key Activities of 2005

- Walk this Weigh on Route 66

Priorities of the Partnership

- Physical Activity/Nutrition
- Child Passenger Safety

Partners

- OSU Extension
- Canadian Valley Technology Center
- Grady County Health Department

For More Information:

Jane Linn
imagine_1st@hotmail.com

Brandie O'Connor
Turning Point
(580) 482-7308
brandieb@health.ok.gov