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Fit Kids of Southwest Oklahoma contributes

Fit Kids of Southwest Oklahoma has helped institute and get many health-related projects off the ground. Many of the partners involved in the coalition have also relied on Fit Kids to help pursue support for their own individual projects. Below are some of the programs Fit Kids of Southwest Oklahoma and its partners have implemented in Comanche County:

- * Fit Kids Fitness Trailway Working to help install a bikeway from Cache through the Wichita Mountains Wildlife Refuge and the Town of Medicine Park and onto the intersection of Oklahoma 49 and Oklahoma 58.
- * CATCH - Coordinated Approach to Child Health Comanche County Health Department and [Lawton Public Schools](#) partner with the Lawton School Age Clubhouse to monitor body-mass index and survey data for target school groups in 3rd through 5th grades.
- * Kids in the Kitchen A public awareness initiative to prevent and reverse childhood obesity. It includes scheduled events involving parents and children in family meal preparation and increasing physical activity among families of elementary age children.
- * Playground in the Park An organization with a purpose to manage a community-wide campaign to raise the necessary funds to purchase a "state of the art" playground for Lawton. The playground will be located in Elmer Thomas Park.
- * Lawton [Fort Sill](#) Chamber of Commerce Community Wellness Challenge A year-long comprehensive wellness challenge to help spur Southwest Oklahoma residents to lose weight. It now consists of an annual health expo at the Great Plains Coliseum.
- * Nature Quest A week-long summer camp that brings inner city youth to the Wichita Mountains Wildlife Refuge. Campers enjoy playing outdoors and learn about nutrition and physical activity in addition to outdoor survival.
- * Farmer's Market A weekly seasonal market set up to sell locally grown fresh fruits and vegetables to the community.
- * 6th Hour Physical Education A program created in conjunction with the YMCA and Lawton area high schools to teach exercise to teenagers as a life-time skill. Fitness assessments are given periodically and a grade is given at the end of each semester.
- * Midnight Basketball Each month, the Lawton YMCA opens basketball gyms to teens to play. More than 500 teens participate weekly throughout the month.
- * Miracle League of Lawton-Fort Sill Helping Miracle League provide a place for children with physical and mental disabilities to play baseball and be as physically active as they are in a safe environment.
- * Fitness in the Park Providing a non-profit initiative formed by the Comanche County Health Department and MWR on Fort Sill with the City of Lawton Parks and Recreation. Volunteer instructors host a one-hour workout session at 9 a.m. every Saturday between Oct. 2 and Nov. 20 and in April and June.
- * Spirit of Survival
- * Oklahoma Department of Agriculture Farm to School
- * Lawton Public Schools Healthy School Program
- * Alliance for a Healthier Generation
- * Beat the Track
- * Coaches University
- * Safe Routes to Schools
- * WALK
- * Certified Health Business Program
- * LIVE