



Kingfisher Times & Free Press - 323 N. Main Street - Kingfisher, OK 73750 - Phone: 405-375-3220

Fitness program encourages healthier life Sponsors of an annual wellness series are encouraging Kingfisher County residents to celebrate "Life 4 the Health of It."

That's the theme of Kingfisher County Celebrates Life 4, a 10-week exercise and educational program sponsored by Kingfisher Times & Free Press, Kingfisher County OSU Extension Service, Kingfisher Community Collaborative, Chisholm Trail Technology Center, Kingfisher Public School and the Kingfisher County Health Department, beginning Sept. 17.

The program will feature exercise and activity programs each Saturday morning beginning at 9 a.m. through Nov. 12 and nutrition and wellness education and demonstration programs each Tuesday night beginning at 5:30 p.m. from Sept. 20-Nov. 8, all offered free to the public. Individuals and teams interested in challenging themselves to adopt healthier lifestyles can join the fitness challenge for \$25 per person.

Individuals and teams who lose the greatest percentage of weight during the 10-week program will be eligible for a share of the total registration fees less program expenses. This year, winners will have the choice of keeping their prize money or designating it to their favorite charity.

"The idea behind this year's theme of 'Life 4 the Health of It' is that a healthier lifestyle is its own reward," program coordinator Christine Reid said. "We're encouraging participants to add to their own sense of well-being by donating their winnings to a charity of their choice."

Those who choose to participate on behalf of a charitable cause can also seek additional donations on their own from employers, friends and family who are willing to pledge a dollar amount per pound lost. Top fundraisers will be recognized at the end of the challenge.

Initial registration and weigh-in for the fitness challenge is scheduled from 5:30-8 p.m. Tuesday, Sept. 13, at the Kingfisher County Fairgrounds Exhibit Building. (Note: The location has been moved from the Kingfisher County Health Department.)

In addition to weighing in participants, nursing students from Chisholm Trail Technology Center will take body measurements and measure heart rate and blood pressure.

Fitness challenge participants also will receive a T-shirt. Saturday programs will feature a sampling of fitness and activity programs available in Kingfisher, including Zumba, Tai Chi, turbo kick, country and ballroom dancing, Tai Kwon Do, walking tours of Kingfisher Trails and more.

"The motivation behind this program has always been that you don't have to leave town to live a fun and healthy lifestyle," Reid said. "All the options you could want are right here."

A special feature this year is a rock-climbing class to be taught by Kingfisher Public School teachers on the rock wall purchased through a federal physical fitness grant awarded to the school.

Tuesday evening information and demonstration classes coordinated by OSU Extension Educator Val Evans will include topics such as nutritional fast food choices, understanding new dietary guidelines, adding nutrient-rich dairy products to a healthy diet, the health value of berries, nutritional supplement choices and more. Watch future editions of the Times and Free Press for a schedule of events.