

BEAVER HEALTH AWARENESS PARTNERSHIP

Project Goal/Objectives:

- Development of Walking Trail in the Town of Beaver
- Promote new walking trail in the Town of Beaver
- Install FitCircuit exercise stations at new walking trail.
- Increase awareness of 2005 Dietary Guidelines and the role of physical activity plays in living a longer, healthier and happier life.
- Promote walking trail to WIC participants and other clients reached at the Beaver County Health Department.
- Integrate fitness system into the existing physical education program and the Beaver Public School



Project Scope/Narrative:

The Town of Beaver received a grant in the amount of \$54,000 from the Oklahoma Parks and Recreation Department for the construction of a walking trail in 2005. The walking trail was completed this past spring. The Beaver Health Awareness Partnership (BHAP) whose primary goal is to build a Wellness Center for their community, knows the importance of staying active. While BHAP continues their quest for funding to develop a Wellness Center, they wanted to enhance the new walking trail, one of the only opportunities for Beaver residents to be physically active. The Beaver Health Awareness Partnership felt that an outdoor circuit training system to put around the trail would be a great benefit to the community. The system provided a balanced approach that encompassed all aspects of physical fitness, including stretching, strengthening and cardiovascular conditioning. The system is the ideal choice for a walking trail.

Target Audience:

- Beaver County residents ~ e.i. parents, children, youth, civic leaders, health professionals, educators, volunteers, faith based leaders, and businesses
- WIC Participants
- Beaver Public School
- Beaver Senior Citizens

Project Outcomes:

A series of exercise stations placed along the new walking trail transforms a walking routine into a complete body workout. As participants run and walk along the trail, they encounter exercise stations designed for them to stop and do stretches, half knee bends, sit and reach, chin-ups and many other exercises. Each station provides instructions and apparatus for the specified exercise and provides recommended repetitions for three different levels of participation. Providing beginner, intermediate and advance instruction that allows a complete fitness regimen for all participants including senior citizens and those in wheelchairs. The signs are laid out in a specific sequence incorporating a warm-up and warm-down within the course with a heart check station 1/2 way through the course. The stations provide illustrated graphic panels to coach instructional exercise activities for those who are unable to read the English Language.

The 2005 Dietary Guidelines are promoted at the Beaver County Health Department by educating WIC participants during their recertification and nutrition education appointments. Clients are counseled on an individual basis on how to eat healthy and increase physical activity in their everyday lives by turning play time with their children into daily active play. WIC clients are also informed about the new walking trail, fitness system and given directions to it.

The walking trail is located on the campus of the Beaver Public School. In an effort to offer health exercise options for students, the Beaver School is looking into a Curriculum Based Fitness Program using the FitCircuit program. This program is designed to be integrated into existing physical education programs at elementary, junior high and high schools.

Participating Partners:

- Beaver County Health Department
- Town of Beaver
- Beaver Beyond 2000
- Beaver Public School
- Balko FFA / Beaver FFA
- Beaver Department of Corrections
- Riggs Tree Service
- OEDA
- Bank of Beaver City
- First Security Bank
- Bennett Construction
- Herald Democrat
- Beaver County Commissioners
- Tri-County Electric / XCEL Energy
- Beaver County Conservation District
- OSU Extension / Beaver County 4-H
- National Recreational Trails Program
- M & M Consultants
- BHAP

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