

SUMMER FUN CAMP

In partnership with the
Bryan County Turning Point Coalition

Project Scope/Narrative:

In a collaborative effort to promote and model living a healthy and active lifestyle, the Bryan County Turning Point Coalition developed a summer fitness camp for children ages 10-12 years of age. This initiative provided a great opportunity for coalition partners to get involved with local youth regarding health. By identifying various roles for different partners, coalition members provided a diverse range of information and education in a workshop and outdoor setting for youth.

Project Goal/Objectives:

- Children will identify the variety of foods comprising My Pyramid & learn the value of increasing fruit & vegetable consumption, increasing whole grains in the diet and using fat-free, low-fat or reduced-fat milk & milk products.
- Children will recognize the difference between a portion & a serving size, recognize serving sizes & how much fat & sugar are in a serving.
- Children will learn & increase their awareness about the useful information provided on the food labels.
- Children will participate in a physical activity that encourages active play.
- Children will participate in a physical activity that promotes trust & builds self-esteem.
- Children will increase their cardiovascular endurance through physical activity that promotes strength training & achieving goals



Target Audience:

- 50 Children, 10-12 years old, with special emphasis and priority given to youth who are members of a families currently enrolled in WIC



Participating Partners:

SOSU staff
OSU Extension Office
Big Five Head Start
Bryan County Schools
Bryan County Health Department
Choctaw Nation Healthy Lifestyles
Oklahoma United Methodist Camp
Community Volunteers

Project Outcomes:

The summer camp was hosted by the Bryan County Turning Point Coalition to address and promote physical activity and nutrition in the county. It was held at the OSU Extension Office and the Oklahoma United Methodist Camp ropes course located in Kingston. The three day camp was broken up into three different activities for each day. Day one and two consisted of break out sessions that provided education lessons on healthy nutrition, fitness and cardio, being fit with fun, tobacco education, physical-health challenges, outdoor games, alternative physical activity that promotes fitness, hands-on food preparation, team building, and self-esteem. Participants were provided the opportunity to learn how to prepare a healthy snack through a cooking demonstration breakout session and were given healthy and nutritious recipes to be utilized in the home by the entire family.

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