

WALK THIS WEIGH, TULSA PROJECT

In partnership with
StepUp Tulsa

Project Goal/Objectives:

- To host and organize an annual *Walk This Weigh* event in order to increase walking as exercise, family time, the use of Tulsa trails and as an opportunity to promote nutrition.

Project Scope/Narrative:

The Walk This Weigh event in Tulsa was formed off of the Oklahoma Turning Point Walk This Weigh program. The flow of the event was taken from several other county ideas as well as innovative ideas. Walk This Weigh, Tulsa is a walking event to promote physical activity, using the new Tulsa trails, incorporating the virtual tour of the Activity pyramid and the Food Pyramid as well as using exercise bands for a t home fitness, signups for Tulsa YMCA/Parks and Recreation sports and signup for area fitness groups in order for individuals to involved in fitness.

This was also an opportunity for nutrition education as well as family time. Tulsa has a park or trail near by almost any neighborhood it is just about letting the public know it is there. The event was also designed so that individuals can learn how easy, accessible and fun fitness is.



Target Audience:

- Families in WIC, **It's All About Kids* and the Tulsa community.

**It's All About Kids* is a prevention program for school aged children. The focus is to reduce obesity, improve school performance and build decision-making skills. The program includes the following services: child development, parent education, health education, physical education,



Project Outcomes:

The first annual Walk This Weigh, Tulsa was held on Saturday, October 14 to help improve the health, fitness and family time of Tulsa County. This free event was held at B.S. Roberts Park located North Greenwood next Oklahoma State University-Tulsa. Free registration with bananas and Jamba Juice started at 8:30 a.m. The walk started at 9:30a.m with Gary Cox, TCCHD Administrator and Michelle Hale, Director of Tulsa Office of Governor.

All participants received a one-time month membership from Aspen Athletic Club and Wild Oats nutrition bars. Individuals that walked half a mile were put into a drawing for additional gym memberships, Bill & Ruth's Submarine Shop Inc/OU-Tulsa's Schusterman Center gift certificates, Great Harvest gift cards, and St. Francis Health Zone stress reliever footballs and jump ropes.

Individuals that walked a mile received a pedometer and water sponsored by McDonald's. Individuals that walked a mile and half received a Walk This Weigh, Tulsa T-shirt. As participants finished the walk and received incentives, they participated in the virtual food pyramid receiving trail mix as well as the activity pyramid receiving magnets and exercise bands.

Women, Infant and Children (WIC) participants were encouraged to bring their WIC folder to receive WIC ticket for nutrition class credit. Booths at the event included Cornerstone4Health Chiropractic, PC and Club H.I.T.S. and Hillcrest.

Participating Partners:

Tulsa City County Health Department
Mayor's Fitness Challenge
Governor's Office
Oklahoma Turning Point
StepUp Tulsa



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