

WASHINGTON COUNTY FITNESS PROJECT

In partnership with
Washington County Wellness Initiative

Project Goal/Objectives:

- To increase participant awareness, recognition and understanding of the new Food Guide Pyramid and its' emphasis on nutrition and healthy active life styles. To improve fitness levels, nutrition knowledge and improve overall health status.

Project Scope/Narrative:

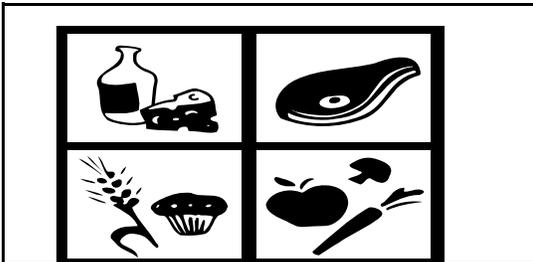
As participants are certified and attend classes during May, they were given a pedometer and Food Guide Pyramid magnet to use as visual cues. Post-partum individuals also received a Food Guide Pyramid handout for non-pregnant or breastfeeding individuals which includes activity suggestions, and Portion Distortion Guides. During the September classes, the dietitian administer follow-up surveys regarding life style changes.

Each individual was given an overview of the Washington County Fitness Project and offered an opportunity to enroll in the program. Those who accepted were given an initial fitness assessment with a personal trainer to establish baseline fitness level. A weekly support group was offered which included principles of behavior modification to make lifestyle changes, weight management including weekly weigh ins and achievement incentives when goals are attained. A reassessment will be given after six months to determine overall fitness and health improvement.



Target Audience:

- WIC caseload based on currently approved pregnant, postpartum or breastfeeding certified participants.
- WIC Adults and their families.



Project Outcomes:

Survey Results have not been generated yet.

So far just from visual and weekly support groups the individuals are asking a lot of questions and appear to be more knowledgeable. Individuals have lost weight and children are wanting to do more active programs.

Participating Partners:

Washington County Health Department
Washington County Wellness Initiative



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