

# YOUTH FITNESS AND NUTRITION PROGRAM

*In partnership with*  
**Lawton Fit Kids**

## Project Goal/Objectives:

1. Increase physical activity among youth through participation in sports
2. Increase awareness of healthy eating habits among youth and their parents
3. Increase awareness of the importance of eating fruits and vegetables daily
4. Increase flexibility and strength—create an awareness of blood pressure
5. Provide life principle training



## Project Scope/Narrative:

The YMCA worked with the First Baptist Church and the Comanche County Memorial Hospital (CCMH) to offer a fitness and nutrition program for young children through funding from the **WIC grant**. The YMCA provided fitness training through basketball and healthy lifestyles education. The nutrition workshop provided by Registered Dietitians from CCMH had a great impact on the program participants and their parents. The workshop helped provide young parents with the tools to better prepare healthy snacks and meals for their children, from infancy to pre-adolescence.

## Testimonial:

This program gave me a chance to be active during the summer. My mother learned about healthy foods and things. It was fun.

Aaron Allen 10 years old.

## Testimonial:

Many of the parents involved would not have had the exposure to this type of information if not for this program. This program helped provide much needed information to families by giving them the knowledge and understanding of a balanced diet for children. **Thanks to the WIC** program for making this happen.

Carl Rankin, Director of Lawton YMCA



## Project Outcomes:

1. 60 parents received nutrition information from Registered Dietitians to help them provide healthy foods for their children.
2. 83 children were involved in physical activity that will provide them the opportunity to stay fit.
3. Participants learned stretching, fundamental body movements and aerobic activity that will help provide them the knowledge necessary for a healthy life.

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