

FIT KIDS IN FIT SCHOOLS

In partnership with

Lawton Fit Kids Coalition

Project Goal/Objectives:

1. Promote walking to and from school at two pilot elementary schools (Walking School Bus)
2. Implement the *Walk a Mile* program in both elementary schools
3. Promote healthy eating habits

Project Scope/Narrative:

The Lawton Fit Kids Coalition (LFKC) recently received a Safe Routes to School (SRTS) grant. LFKC is piloting SRTS in two elementary schools (grades Pre-K through 5th) with plans to expand if proven successful. The **WIC grant** has allowed us to complete the SRTS project in the pilot schools while expanding the project to include nutrition education. The following activities took place through this grant:

- Held a contest among students to design the program's logo.
- Created and promoted a *Walk a Mile* program, which encourages walking throughout the school day. Walking has been incorporated into class lesson plans. After every 5 miles logged, the student receives a shoe charm. Students log their miles on a punch card.
- Children were educated about healthy snack options and portion control through hands-on activities.



Testimonial:

It's great to see the kids walking everyday and they really seem to love it. More and more kids are joining the Walking School Bus. Walking to school is a good way to start the day for the children. They seem more relaxed and ready to learn by the time we reach the school. This has been a great opportunity to incorporate healthy lifestyle activities into the school day. **Thanks to WIC for the grant that made this happen!**

Paige Michener, mom of two boys and Walking School Bus volunteer



Project Outcomes:

1. More children are walking to and from school on a regular basis.
2. Children learned about MyPyramid and the importance of eating a healthy, colorful meal.
3. Children are engaged in physical activity throughout their school day.

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