

BODY RECALL

In partnership with

Harper County Turning Point Partnership

Project Goal/Objectives:

1. Increase the physical activity of Harper County citizens
 - By July 2007, train two individuals to teach Body Recall program
 - By December 2007, implement Body Recall class in community

Project Scope/Narrative:

With a lack of available resources in Harper County to be physically active, Harper County Turning Point (HCTP) saw the need to try to increase physical activity in all age groups. Using grant funds, two HCTP partners were sent to Berea, KY to be trained on the Body Recall program.

Body Recall is a proven 10 week wellness program held three times a week, that promotes the practice of lifetime fitness for all levels. It is particularly adaptable to pre and post-natal women (WIC) as well as aging adults. The program promotes natural motions performed thoughtfully and specifically controlled to maximize potential range of motion, strength, coordination, balance and agility.

Testimonial:

Body Recall has been a blessing for me. I have worked in the agriculture business for 13 years and standing on concrete all day has wore my body out. Body Recall has given me more mobility in my back and hands. My hands used to go to sleep all the time, but doing the exercises has stopped that. I feel like I have more energy and flexibility...I can keep up with my six year old!

AnnMarie Bradt



Testimonial:

Since I have started the "Body Recall" class I have seen an improvement in my flexibility, strength, and posture. Being a 28 year old mother of three children, youngest being 2 1/2, I thought that I was flexible. At the beginning of the class I realized I was not as flexible as I thought. Now half way through the 10 week series I have noticed a huge improvement in my flexibility. Standing with knees straight and bending over, I am only a half inch away from being able to touch the ground. That is a lot of improvement, considering I was 3 to 4 inches away at the beginning of the class. My goal is to touch the ground flat handed by the end of the 10 weeks.

Vanessa Creed

Body Recall participant and stay-at-home mother of three



Project Outcomes:

1. Currently implementing a morning and afternoon Body Recall classes due to the fact over 40 participants signed up to attend
2. Participants are experiencing increased flexibility and mobility
3. Bringing awareness to all age groups on the importance of staying active

WIC participants during their recertification and nutrition education appointments were given information on the Body Recall classes and encouraged to attend

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