

# RESERVOIR ENHANCEMENT

*In partnership with*

## Jackson County Community Health Action Team

### Project Goal/Objectives:

1. Promote physical activity by enhancing existing walking/running trail; enhancements include: distance markers, motivational/health tips and exercise stations around perimeter of the trail
2. Promote physical activity among young children, especially from WIC families, by designating child-focused trail, with signage at child-appropriate heights
3. Host community walks and provide healthy recipes, pedometers and other educational materials including **WIC outreach material** to participants

### Project Scope/Narrative:

The project was focused on promoting physical activity and healthy eating, utilizing existing resources. The project has two parts:

1. Renovate the existing path around the Reservoir by installing signage around the trail that includes healthy tips, distance traveled and calories burned. (Before this project, the park had no informative, motivational signage for walkers.) This trail is utilized by many organizations that host walks/runs and is the location most people go to walk with their children, their dogs or alone. The Reservoir has two lakes. Exercise stations will be installed around both. The small lake is more child-focused with colorful signs instructing children to hop like a bunny, gallop like a horse, run like a tiger, etc. Additionally, hoof prints, bunny prints, paw prints, etc. have been painted on the surfaces to engage WIC-aged children in activity.
2. The second phase of the plan is to promote the enhancements by hosting community walks, providing healthy recipes, pedometers, **WIC outreach material**, and other educational information.

### Testimonial:

The signs and stations at the reservoir trail are great. My five year old and 1 year old love to go out there and walk.

Sommer, **WIC mom**



### Testimonial:

My daughter and I enjoy walking at the reservoir and the signs have been a good reminder of how important it is to stay physically active after pregnancy.

Cheryl, **WIC mom** of 16 month old



### Project Outcomes:

1. The exercise stations installed around the walking trail transforms a walking routine into a complete body workout. As participants, including **WIC children**, run and walk along the trail, they encounter areas where they can stop, do stretches, sit ups, chin ups, and play on the balance beam and other equipment.
2. Children are actively engaged as they walk the trail with their parents.
3. Walkers/runners are provided with healthy lifestyle tips as they walk the trail.
4. Participants are provided with healthy recipes, pedometers, **WIC outreach material** and other educational information.

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