

BOOKER T. WASHINGTON OUTDOOR FITNESS CENTER

In partnership with

McCurtain County ~ Coalition For Change

Project Goal/Objectives:

The McCurtain County ~ Coalition For Change will partner with the Booker T. Washington Center and the City of Idabel to promote physical fitness and nutrition education by constructing an awning cover for the existing outdoor exercise stations available at the Booker T. Washington park and install educational signage at the site that depicts health messages regarding nutrition and exercise.



Project Scope/Narrative:

Community partners and volunteers from the Booker T. Washington Center, the City of Idabel, and the McCurtain County ~ Coalition For Change (**through the WIC grant**) will construct a protective cover – awning to sustain usage and longevity to the outdoor exercise equipment located at the Booker T. Washington Center. This will also promote usage from the public regardless of weather conditions. The structure will be utilized in conjunction with the existing children's park adjacent to the facility in an effort to encourage exercise for the whole family.

Testimonial:

I have a three year old and a four year old. The most exercise any of us would get was walking from the kitchen to the living room. Now that the fitness equipment is up at the BTW Community Center, **thanks to the WIC grant**, we can get out and do things. Some friends told me about it and at first I was too lazy to get up and go. But my four year old wanted to go outside and play and I told myself this was an opportunity to spend time with my children and get some exercise myself.

Now that they have put a cover over it, it will be better in the summertime. Sometimes it's too hot to be outside, but with the cover, it's not so bad. It looks like it would protect the equipment too.

I am so glad we have got this equipment. Maybe more parents will get out with their children and spend time with them and exercise too.

Kelly Thurman, Parent

Project Outcomes:

The structure is complete and utilized by many members of the Booker T. Washington community. Neighborhood members are excited and appreciative of the weather-proof facility and have commented on the uniqueness of the concept and the benefit of the "no-cost" resource that provides individuals an opportunity and tool to stay fit **thanks to the WIC grant**.

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