

HEALTHY HORIZONS

In partnership with

Central Oklahoma Turning Point

Project Goal/Objectives:

1. Increase aerobic exercise tolerance among participants, ages 18-65
2. Increase muscle mass index among participating church members
3. Increase regular exercise activity among participants, ages 18-65

Project Scope/Narrative:

Mount Pleasant Baptist Church (newly associated with COTP), used its **WIC** mini-grant funding to create the *Healthy Horizons* exercise/fitness program. What was once storage space became the new location of the exercise room. The program focused on increasing the availability of equipment plus expert advice from the coordinator, a licensed physical therapist. The coordinator is onsite when participants are using the equipment to ensure safe, accurate, and optimum use. Participants targeted areas of their bodies they wished to improve and received a personalized exercise plan. Exercise equipment included: 2 exercise bicycles, 2 treadmills, 3 fitness balls, free weights, exercise mats, a full-body gym, and resistance bands. *Healthy Horizons* is designed to improve strength, tolerance, flexibility, and overall physical fitness. The program was open to church and community members.

Testimonial:

I did not have a place to exercise, except walking in my neighborhood. Sometimes stray dogs would scare me or the weather would not permit being outside. Now I have a place to exercise in my church with professional guidance. The church is two blocks from my home, and I love the fellowship with other members!

Ollie R. Woodard
Healthy Horizons Participant



Testimonial:

The **WIC mini-grant** provided Mount Pleasant Baptist Church (Arcadia, OK) with *Healthy Horizons*, an enhanced physical fitness outreach program. The participants are 18-65 years of age. *Healthy Horizons* had a project period of June—September. Ten people (8 women and 2 men) participated in weekly physical activities on Wednesday evenings from 8PM—9 PM. The exercise room/facilities were also available for participants on Thursday evenings.

Thank you, OSDH, **WIC**, Oklahoma City-County Health Department and Turning Point for collaborating with us to promote and support health improvement outreach activities in our church and community! Without your help, this program would still be a dream. Now health and fitness, along with expert advice, is available at no cost to the church and community of Arcadia, Oklahoma. The program continues to grow. We have been able to purchase additional equipment for the fitness room, and others are showing interest in joining the program. Our dream is now a reality!

Sincerely, With Great Appreciation,

Dona Greenhoward M.Ed., B.S., P.T.
Program Coordinator & Exercise Instructor



Project Outcomes:

1. A total of 10 individuals participated in the *Healthy Horizons* fitness program
2. All 10 participants reported losing weight and increasing exercise tolerance
3. A total of 8 women and 2 men, ages 18-70 participated in the program
4. Participants increased time on exercise bike—5 minutes to 12-15 minutes
5. Participants who initially could do only 5 sit ups, can now do 20-30 sit ups
6. Participants started with 3 minutes on the treadmill; can now do 15-18 minutes
7. The program has motivated participants to “adopt” a regular “exercise routine”

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