

Fit, Strong, and Healthy
OEA Choice Trust Wellness Grant
2009-2010

2 B Fit
+2 B Strong
4 Ever Healthy


How we got started...

Invitation:

- OEA Choice Trust
- Alliance for a Healthier Generation
- Encouragement from Human Resources Department
- Encouragement from Stand for Children

Timing:
 Our school has always had a strong focus on health and wellness.

A Gift:
 The staff wellness grant was a well deserved gift to the staff.




Goals To:

- Improve health, physical fitness, discover and control of preventable diseases.
- Improve health, physical fitness and manage stress
- Monitor and compile health and fitness data
- Provide incentives to improve health and fitness library
- Keep a personal fitness journal
- Promote benefits of a wellness program

Reaching Our Goals

Cooking Classes



Purchased Equipment

Weights, Stretch Bands, Scales, and Water Bottles




Partnership with YMCA and Wellness 2000

- Memberships
- Exercise Classes

Pre and Post Testing

Strength, Endurance, Flexibility, Cardio, & Blood Work







Lessons Learned

Include a little something for everyone:

- A variety of activities
- A variety of incentives
- Emotional wellness is important

Recognize that everyone is at a different starting place.

Invite and use the buddy system.



Celebrate and make it fun . . .

