



## PROGRAM :

# Family Fitness Club

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**School:** A. B. Combs Elementary School  
2001 Lorimer Road  
Raleigh, NC 27606

**Phone:** (919) 233-4300

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### **Program Objectives**

- to achieve cardiovascular fitness through supervised school activities
- to set the tone at home for student's future fitness dedication
- to provide family members with the necessary information to lead happy, healthy lives

### **Materials/Equipment Needed**

- a local hospital to conduct monthly Family Fitness Club seminars on a variety of topics which are selected from an interest survey
- monthly newsletters
- monthly fitness calendars for home family use

### **Procedures and Teaching Strategies**

- involve the family unit as a whole in positive lifestyle changes
- use surveys to determine the wants, needs and desires of participants

### **Program Tips**

**Investigate local resources** to complement the talent available in your situation. Utilize what is out in the community. Don't reinvent the wheel.

**Co-sponsor** an existing program and promote to your "parent population."

**Contract specific services.** You may not be in need of an entire program, just a specific piece.

### Program Description

Commit your elementary school to a **healthy year**, and involve parents in a **Fitness Club**. Conduct an interest survey to determine areas of interest, types of participation, user's fees, and scheduling arrangements.

The following events can be planned for a Family Fitness Club:

- Monthly newsletters to inform families about current health information and available health resources.
- Monthly Family Fitness Club seminars conducted by the local hospital. Topics might include:
  - Total Fitness: Getting Started
  - Striking Back at Stress
  - Eating Your Way to Health
  - Cholesterol Management: Eating Low Fat
  - Don't PRESSure Your Luck (High Blood Pressure Management)
  - Cancer Prevention
  - Shopping Heart Healthy
  - Quick and Easy Meals
- Fitness Saturdays: an occasional Saturday in which families can come to school and try out the latest equipment. This also gives students the opportunity to teach their parents about current curriculum being taught in Physical Education. Some parents may even want to test their skills on our AAHPERD tests.
- Parent Physical Education week: Parents are invited to participate with their child during their designated Physical Education time, although there is always an open invitation.
- September is AAHPERD testing: All students are tested in the AAHPERD testing areas. Family members are encouraged to join the fun, or volunteer.
- October is Physical Therapy Month: Area physical therapists conduct seminars for a healthy back. "Mr. Backbone" helps students to visualize the back.
- November is about Jump Roping: Everyone is encouraged to jump for a healthy heart. Jump Rope Club helps to round up good fitness.
- Healthy Heart Month: During the month of February, the school celebrates the heart. School family participates in a Dance for Heart: King and Queen of Hearts Dance for parent and child. Curriculum: ballroom dancing and cooperation.
- March Health Fair. Hold a health fair (consider using students from a local college). The event allows for free adult cholesterol screening, tips from area doctors, advice on animal safety, and much more.
- Bicycle Safety: During April celebrate bicycle safety. Include an open school assembly, and a bicycle rodeo conducted by the local health department and police department.
- April is also Nutrition Awareness month: the school family compiles a heart healthy cookbook for future fundraising.
- Heart dollars: Each mile that is finished earns a heart dollar that may be spent during the fourth grade Free Enterprise Day. The business day is held twice during the school year. It is great incentive for running.
- Spring Run-a-thon: A great way to raise money for school. All family members are involved. Pledges help with support. Area college students work as volunteers.
- Staff Aerobics: this keeps our faculty in top shape for teaching kids!