

# **“Fit for Life” Program Outline**

(Ron Jones, MS, ACSM Health/Fitness Instructor)

**Empowering a lifetime of health today!**

**Goal:** Empower students to participate in three days of **moderate-to-vigorous physical activity** and health/nutritional education per week at ≈45 minutes per day. Successful students will be able to incorporate a physical activity session of 10-30+ minutes into one weekend day by using their new knowledge, skills, and abilities.

## **General Info:**

- **Sites:**

1. Boys & Girls Club, Niles Street
2. Hort Elementary
3. Nichols Elementary
4. Franklin Elementary

- **Participants:**

- 200 total participants
- 50 per site

- **Groupings:**

- 45 minutes per group meeting
- 4 groups per site (≈12-13 per group)
- **Each group meets *three times* per week.**
- Group Times:
  - A & B (Monday & Wednesday)
  - C & D (Tuesday & Thursday)
  - A,B,C,D (Friday)

## **“Fit for Life” Program Title:**

- The name implies a “fitness-based” program. Additionally, “for life” moves beyond just fitness to lifetime health and wellness. The program will teach and coach healthy lifestyle choices behavior change. If the program can empower students to change their behaviors to make healthier choices, then risks will be reduced for lifestyle-related diseases.
- The name “Fit for Life” also coincides with the U.S. Centers for Disease Control’s *Fit for Life* section on their “Body and Mind” children’s website [www.bam.gov](http://www.bam.gov).

## **Weekly Outline Overview: \*(See “Daily Outline” for details)**

- Day #1 (“Organized” Fitness Play)
- Day #2 (Circuit Course: cardio, strength, flexibility)
- Day #3 (“Supervised” Fitness Play)

\* Ron Jones (11-21-03)

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 **Get Fit. Be Strong.**