

**City of Groveport's Recreation Department  
Families on the Move F.A.N. Club**

**Summary of Program**

The drastic climb of childhood obesity is a national concern. Childhood obesity rates, over the past 30 years, have more than doubled in children and more than tripled in adolescents (National Center for Health Statistics, 2011). Overweight children have an increased risk for diseases such as high cholesterol, hypertension, respiratory ailments, orthopedic problems, depression and type 2 diabetes (Green, 2012).

High fat diets packed with energy dense foods and increasingly larger portion sizes are significant to the increase of our youth's belt sizes. The obesity rates correlate simultaneously with the lack of physical activity. Lack of time, education, financial restraint, and access are common barriers to the execution of a regular exercise routine. The City of Groveport's Recreation Department has the resources to implement obesity prevention strategies to encourage youth to lead active and healthy lifestyles.

The City of Groveport has introduced Families on the Move as a citywide initiative to get families moving together. Activities such as family bike rides, 5K runs and nature scavenger hunts allows for families to have fun, be active and explore local parks. This initiative is in partnership with the Nationwide Children's Hospital's Center for Healthy Weight and Nutrition. The center offers a comprehensive approach to weight management.

Families on the Move creates great opportunities for families, however, the Groveport Recreation Department understands that more could be done to help foster the love for health and nutrition to our youth. There are benefits for communities to offer structured weight loss programs for children and adolescents. Participation in a program along with peers provides a comfortable and stimulating setting for youth participants. A group setting provides an adaptive and positive social experience for youth (Lowry, Sallinen & Janicke, 2007). Community programs offers fitness education and an organized schedule for children to meet daily physical activity requirements. Meeting the minimum required dose of physical activity improves cardiovascular and muscular fitness, bone health and helps to meet favorable body composition and reduces the symptoms of depression (Carlson, Fulton, Schoenborn & Loustalot, 2008).

**Families on the Move Fitness and Nutrition (F.A.N.) Club**

The mission of F.A.N. club is to help integrate fitness and nutrition curriculum to improve the health and well-being of children. Nationwide Children's Hospital trained Groveport Recreation Center staff to deliver specific, evidence-based components to deliver a quality and well-established program. The trainings are held at Nationwide Children's Hospital. All participating agencies are present for the trainings. This allows the opportunity to engage with diverse communities and discuss common concerns and successes of the program. The curriculum is divided into units and Nationwide Children's Hospital provides a training for each unit.

The curriculum covers the following:

- Teach nutritional guidelines and help students understand nutrition labels
- Increase fruit and vegetable consumption
- Reduce consumption of fats, salt and sugar
- Eliminate sugar-sweetened beverages
- Highlight the benefits of physical fitness and regular physical activity
- Promote motor skill development
- Introduce sport concepts and strategies
- Encourage social and emotional development
- Integrate fitness and nutrition with core educational concepts in math, science, language arts, and social studies.

F.A.N. Club met 3 days per week for 2 hours with 20 children at Groveport Elementary School. The pilot program took place September 11 – October 20. Registration was open for all 3<sup>rd</sup> through 5<sup>th</sup> grade students for no charge. Registration was accepted at the Groveport Recreation Center.

The goal was to provide regular physical activity, promote behavior change in the areas of physical activity and nutrition, and improve overall health status. Nutrition themes included guidelines for adequate nutrient intake and healthy eating practices based on the United States Department of Agriculture's My Plate and Dietary Recommendations for Americans. The materials also addressed skill development, such as reading labels to evaluate the nutrient quality of foods and meal planning.

Physical activity themes follow recommendations from the Department of Health's Physical Activity Guidelines for Americans for both the amount and type of activity. Activities are standards-based, using the National Association of Physical Education and Sport National Standards for Physical Education. Content included motor skill development, sport concepts and strategies, physical fitness, the benefits of regular activity, and responsible behavior. Hellison's Social Responsibility Model and Siedentop's Sport Education Model are used to actively teach fair play, cooperation, and social responsibility. Evaluation strategies evolved from physical fitness assessments to student engagement through the use of behavior change activities and personal and social challenges.

The students were encouraged to find a F.A.N. Club Friend. This friend is someone outside of F.A.N. club who can also benefit from the curriculum. The students were given assignments for their F.A.N. Club friend such as recording physical activity, recording screen time and eating colorful food choices. Students chose their parents, siblings as well as F.A.N. club staff to challenge. F.A.N. Club friends gave the students the opportunity to share what they learned while potentially spreading the importance of health and wellness to the decision makers of their families.

## Budget

Families on the Move F.A.N. Club is a service to the community as a free program. Common obstacles of receiving proper physical activity is education, cost and access. Families on the Move F.A.N. Club overcomes all of these barriers. The program is an educational program located within the school for no charge. This program gives families an opportunity to engage in quality programming to encourage a healthy lifestyle. This benefits the family, school and community.

The funds accepted from the Ohio Parks and Recreation Association Foundation were utilized to cover the cost of training and payment of staff.

<b>FAN Club</b>		
Hours	Cost	Total
34	\$ 10.48	\$ 356.32
38	\$ 9.45	\$ 359.10
15	\$ 8.96	\$ 134.40
15	\$ 10.95	\$ 164.25
102		<b>\$ 1,014.07</b>

The City of The City of Groveport has approved the budget to continue the Families on the Move F.A.N. Club program in the winter of 2018. The program will begin January 8, 2018 at Groveport Elementary. The goal for the future of the program is to provide the Families on the Move F.A.N. Club in all 6 Groveport Elementary schools throughout the entire school year.

The Families on the Move F.A.N. club is impactful and important to the city of Groveport. The students are learning how to make good decisions that will impact their lives as well as others around them. The City of Groveport has the ability to reach hundreds of children and encourage a healthy lifestyle. This program aligns with our mission to provide quality leisure activities and facilities which contribute to the physical, mental, social and emotional growth of our patrons.

- Carlson, S.S., Fulton, J.E., Schoenborn, C.A., Loustalot, F. (2010). Trend and Prevalence Estimates Based on the 2008 Physical Activity Guidelines for Americans. *American Journal of Preventative Medicine* , 39(7) 305313.
- Green, G. (2012). Physical Activity and Childhood Obesity: Strategies and Solutions for Schools and Parents. *Education* , 132 (4), 915920.
- Lowry, K. W., Sallinen, B. J., & Janicke, D. M. (2007). The Effects of Weight Management Programs on SelfEsteem in Pediatric Overweight Populations. *Journal of Pediatric Psychology* , 32 (10), 11791195.
- National Center for Health Statistics. Health, United States (2011). With Special Features on Socioeconomic Status and Health. Hyattsville, MD. *U.S. Department of Health and Human Services*.

**LIABILITY RELEASE AND INDEMNIFICATION AGREEMENT:**

In signing this release for myself and for any named immediate minor (under 18 years of age) family member, I acknowledge & understand that the participant will be exposed to risks of serious bodily injury, sickness or death due to circumstances inherent in the COG facilities, activities and programs, including the negligent acts or omissions of others. In exchange for being permitted to participate, I/we voluntarily agree to assume all risks inherent in participating in such activities, programs & facilities. I acknowledge that I/we have no physical limitations or disabilities of any kind which would restrict participant from participating. I agree to make City staff aware of any special accommodations that may be needed at the time of registration and I agree to note such accommodation on said form. Despite these risks, I agree to hold harmless and release the City of Groveport, its boards & council, officers, officials, employees, volunteers and other representatives from all claims of liability or legal responsibility for any damage or loss of any kind, including personal property or death, property damage and economic loss, arising from participant's use. Participant agrees to follow all facility, activity or program rules, and realizes that his/her right to participate may be terminated by the City at any point in time for not adhering to said rules. I do hereby grant and give these groups the right to use my/my child's photograph or image, with or without my/my child's name, both single and in conjunction with other persons or objects for any and all purposes including, but not limited to private or public presentations, publicity & promotion relating hereto. The City reserves the right to rule on any matter not specifically covered and to change policies as necessary. I understand that any information provided may be subject to Ohio Public Records Law.

# Families on the Move

## F.A.N. Club

### Fall 2017



**NATIONWIDE  
CHILDREN'S**

*When your child needs a hospital, everything man*



**GROVEPORT**  
*Recreation Center*

# Families on the Move

## F.A.N. Club

The Families on the Move Fitness and Nutrition Club (F.A.N. Club) helps students experience fun activities to keep them fit and healthy through physical activity and education. Examples include strength training, games, flag football, stretching, cardio-aerobic activities and nutrition.

**Dates:** Mondays, Wednesdays & Fridays  
September 11 – October 20

**Time:** 3:50 PM – 5:50 PM

**Fee:** FREE

**Location:** Groveport Elementary School & Glendening Elementary School Gymnasiums

**Who:** 3<sup>rd</sup> – 5<sup>th</sup> Grade Students

**Registration:** Submit completed registration forms to the Groveport Recreation center. Registration is first come-first served.

**Contact Information:**

Stephania Bernard-Ferrell  
(614) 836-1000 x 1513 sbernard@groveport.org

Please print legibly:

**Student Information:**

Name: \_\_\_\_\_  
Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male / Female  
Grade: \_\_\_\_\_  
**Parent Information:**  
Name: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male / Female  
Phone : (\_\_\_\_) \_\_\_\_\_ Alt Phone : (\_\_\_\_) \_\_\_\_\_

**Registration Form**

I have read, fully understand and agree to the terms of the Acknowledgment of Risks, Liability Release, and, Indemnification Agreement: (Located on the reverse side)

Name: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Parent's/Guardian's Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

# F.A.N. Club

## Worksheet 0.1

Draw a picture to represent each of the words.

Respect	Effort	Participation
Success		



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# F.A.N. Club

## Worksheet 0.4

List some people who would make good F.A.N. Club Friends.



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# F.A.N. Club

## Lesson 2.1

Time	Activity & Content	Key Points	Equipment
10 minutes	<b>Unit Introduction</b>	<ul style="list-style-type: none"><li>• Grains</li><li>• Cardiovascular</li><li>• Africa</li><li>• Track &amp; Field</li></ul>	
5 minutes	<b>Goal Setting</b>	<ul style="list-style-type: none"><li>• Physical</li><li>• Affective</li></ul>	Workbooks Pencils
10 minutes	<b>Instant Activity &amp; Attendance</b>	<ul style="list-style-type: none"><li>• Physical Fitness Component Movement Exploration</li></ul>	Activity Cards
15 minutes	<b>Workbook &amp; Discussion Activity</b>	<ul style="list-style-type: none"><li>• Locate and color placemat – examples of grains</li><li>• Cardiovascular refers to heart and lungs – its importance to physical fitness and health – disease prevention</li><li>• Locate and color Africa on globe</li><li>• Track &amp; Field</li><li>• Worksheet 2.1</li></ul>	Workbooks Pencils
15 minutes	<b>F.A.N. Club Fit Moves</b>	<ul style="list-style-type: none"><li>• Discuss which Fit Moves have a Cardiovascular emphasis.</li></ul>	
15 minutes	<b>Learning Link Sport &amp; Game Skill Practice</b>	<ul style="list-style-type: none"><li>• Try running drills such as high knees, arm swings</li><li>• Emphasize good form, not distance or speed.</li></ul>	
15 minutes	<b>F.A.N. Club Games</b>	<ul style="list-style-type: none"><li>• Choose games with a Cardiovascular focus.</li></ul>	Equipment Will Vary
5 minutes	<b>Reflection</b>	<ul style="list-style-type: none"><li>• Review</li><li>• REPS</li></ul>	REPS Cards



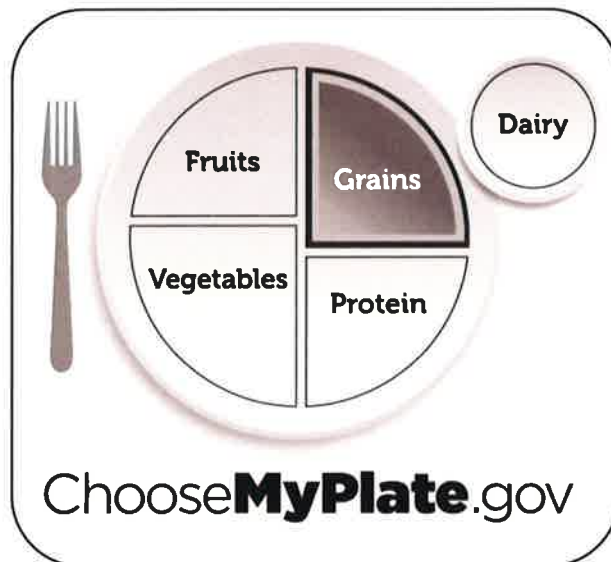
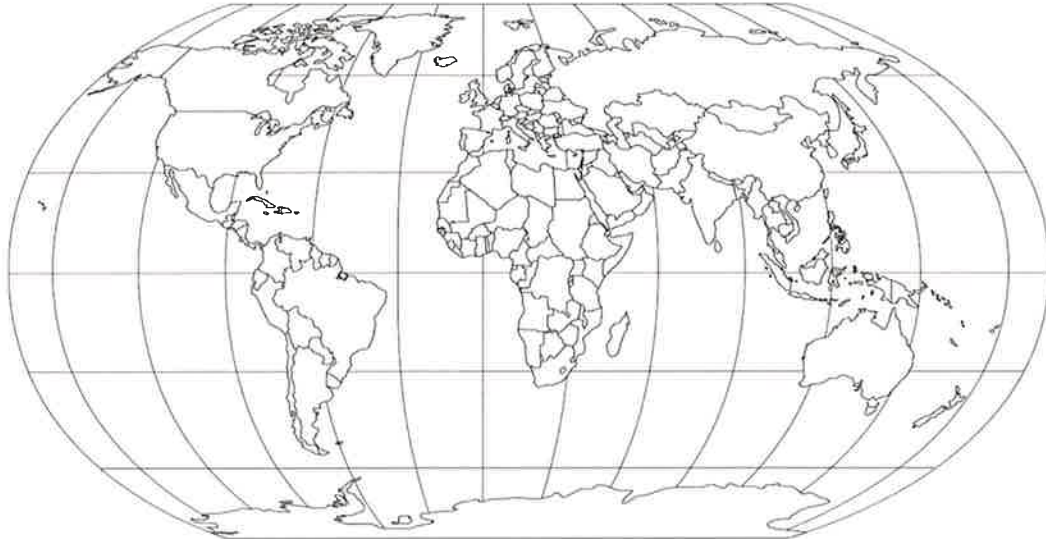
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# F.A.N. Club

## Worksheet 2.1

Color Africa on the map.  
Color the Grains Food Group and draw three foods.



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# F.A.N. Club

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## F.A.N. Club Friend 1

Unit 1 focuses on activity time and inactivity time, specifically physical activity time and screen time.

Each day you should aim for:

- 60 minutes of moderate to vigorous physical activity
  - 2 hours or less of all types of screen time

Dear F.A.N. Club Friend,

I challenge you to be healthier.

For one week, keep track of your physical activity time and screen time.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Physical Activity Time							
Screen Time							



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