

Randolph Fit and Healthy, Community Wellness Plan

To the parents of _____.

I am excited to tell you about a fun, new program for third grade students and their families. Name of school is sponsoring a community wellness plan from January 2012 to March 2012. **Randolph Fit and Healthy** pilot program is a community health and wellness plan with the goal of promoting nutritional education, intervention and physical activity supporting healthy lifestyle.

Currently many federal and state programs are working to tackle the alarmingly increasing rate of obesity. Obesity, according to Centre for Disease Control, has reached epidemic proportions in the United States and childhood obesity has more than tripled in the past 30 years. There is a strong need to design and implement practical programs, on a small scale, to create awareness among people on the effectiveness of nutritional and behavioral interventions to prevent obesity and promote a healthy lifestyle.

The main purpose of the **Randolph Fit and Healthy** program is to make small and practical changes to create a healthier lifestyle through nutrition intervention, physical activity and behavior modification.

The program is formulated into three modules. Each module is designed to provide the participants, themed activity plan and supplemental tools and material relating to nutrition and healthy lifestyle.

The entire program is spanned on three months. The participants will perform the prescribed activity one week in a month. They will also have the option to repeat the same activity in the following week of the same month.

The family activity modules consist of the following topics:

1. Munch on Rainbow
2. Limit the Box, Let's Walk
3. Together we Eat

This means that following "Munch on Rainbow" plan all the participants will include 3 different fruits and 5 different vegetables and incorporate dark green or deep yellow fruits or vegetables 3 or more times per week to their meals. In addition they will add peas and beans at least once a week to their meals.

Following "Limit the Box, Let's Walk" plan, the participants will decrease the time spent on watching TV, movies, or playing video and computer games to less than two hours a day. In addition the participants will start and maintain a physical activity regimen to be active at least 60 minutes for children per day and 150 minutes of moderate or 75 minutes of vigorous intensity for adults per week.

Following "Together we Eat" plan, participants will eat at least once a day together for 5 or more days a week.

To keep track of the progress made all the activities will be logged on the activity log-in sheet. Successful submission of the activity log-in sheets, after the completion of monthly activity, will automatically enter the participating family into the monthly drawing. The drawing for the grand prize will be held on the 3rd month. All those participants who turn in their activity log sheets for the prescribed week and an extra week, each month, will be eligible for the grand prize drawing.

To evaluate participants' nutritional and healthy lifestyle adequacy and program's effectiveness pre and post program online surveys included in the program.

<http://www.surveymonkey.com/s/8QJXY28>

The **Randolph Fit and Healthy** program modules have lots of great ideas to help your family enjoy a healthier lifestyle together. They have nutrition information, activity ideas, tips, weekly meal planner, recipe cards, shopping lists and conversation starter cards.

Please fill out the portion below and return to your child's teacher by (date) _____.

_____ Our family will be participating in the **Randolph Fit and Healthy** program.

We have ____ adults and ____ children (aged 2 and above) in our family who will be participating in the **Randolph Fit and Healthy** program.

_____ (Contact name)

_____ (Telephone number)

_____ (E-mail address)

_____ Our family will not be participating in the **Randolph Fit and Healthy** program.