



Randolph Fit and Healthy

Health and Wellness Pilot Plan

Lubna Qureshi

Intern, Coordinated Program in Dietetics

UT Health Science Center, San Antonio

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The Importance of a Healthy Lifestyle



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The need for a Community Health and Wellness plan:

- Poor dietary habits
- Lack of physical activity
- Unhealthy lifestyle
- Inadequate nutrition knowledge



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Purpose

- Nutrition education promotion
- Nutrition intervention strategies implementation
- Physical activity promotion
- Maintenance of a healthy lifestyle with overall supportive behaviors



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Target Group

- Randolph Elementary students in 3rd grade and their families.



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Program Components

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



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Munch on Rainbow

- Goals and objectives of “Munch on Rainbow”
- Strategies and tips to add more fruits and vegetables to diet
- Health benefits of consuming colorful fruits and vegetables
- Serving sizes and daily amount needed
- Activity log-in sheet
- Fruits and vegetables recipe cards
- Monthly fruits and vegetables consumption chart
- Resource list



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Limit the Box, Let's Walk

- Health benefits of limiting screen time and promoting physical activity
- Goals and objectives of “Limit the Box, Let's Walk”
- Reasons and tips to limit screen time and start physical activity regimen
- Ideas of physical activity and alternate fun activities to limit screen time
- Activity log-in sheet
- Resource list



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Together we Eat

- Benefits of family mealtimes
- Goals and objectives of “Together we Eat”
- Tips to plan healthy mealtimes together
- Activity ideas of productive mealtime conversation
- Activity log-in sheet
- Weekly Meal Planner
- Cooking with Kids, recipe cards
- Shopping list
- Resource list



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Program Duration

- Three months
 1. Month 1- 1week (2nd week, optional)
 2. Month 2- 1week (2nd week, optional)
 3. Month 3- 1week (2nd week, optional)

Program Evaluation

- Monthly online activity survey



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Participation Incentive

Successful Completion and Submission of Weekly Activity Log

	Month 1	Month 2	Month 3
Eligibility for monthly drawing	Week 1	Week 1	Week 1
Eligibility for Grand prize drawing	Week 2*	Week 2*	Week 2*

* Repetition of Week 1



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Cost Analysis

- Prizes
- Copying/printing

Funding

- CSL Grants
- AAFES
- Area businesses



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Promotion

- Wingspread (weekly newspaper)
- PTO newsletter
- School website
- Class newsletter



Thank You

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