

Fit for today...Fit for the Future

Fit for the Future is a collaborative effort working with 5th and 7th grade students in our county schools physical education classes to promote healthy eating habits and improve their fitness levels.

Approximately 17% of Tuolumne County youth are obese or overweight. Fit for the Future seeks to eliminate childhood obesity in Tuolumne County. Healthy and fit children do better academically, have greater levels of self-esteem, decreased absences in school, improved mood and quality of life and longevity.

*To learn more, visit our website:
<http://www.tcbeatsobesity.com>*



Fit for the Future
Tuolumne County

Participating Schools And Teachers

Belleview Elementary
Pete Larkin

Columbia Elementary
Bud White

Curtis Creek Elementary
Lori Cone
Kellene Ditler
Bev Grillo
Stephanie Hanks

Jamewstown Elementary
Laurie Blackmore
Tom Dunlap
Tessa Pelfrey

Sonora Elementary
Anita Fox
Coach Sinclair

Soulsbyville Elementary
Lucille Bendix
Cindy Roberson

Summerville Elementary
CJ Dyer
Bob Haycock
Kevin Williams

Tenaya Elementary
Randi Middlestadt

Twain Harte Elementary
Tom Dunlap
Mike Brown

A PARTNERSHIP
To Eliminate Childhood Obesity in Tuolumne County

For Questions please contact:
Brie Ferguson
Program Coordinator

Tuolumne County Superintendent of Schools Office
175 S. Fairview Lane
Sonora, CA 95370

Phone: 209-536-2044
Cell: 209-484-6204
E-mail: bferguson@tuolcoe.k12.ca.us

Fit for the Future



A PARTNERSHIP

To Eliminate Childhood Obesity in
Tuolumne County

**Tuolumne County Superintendent
of Schools Office**
Sonora Regional Medical Center
Tuolumne County Public Health
Anthem Blue Cross

Fit for the Future

Fit for the Future began as a brainstorm for an innovative and disruptive solution to our childhood obesity problem.



Push Ups

What does the program look like?

A Registered Nurse and Certified PE teacher work with 5th and 7th grade students, teachers and administrators at local schools once a week on fitness and nutrition during the regularly scheduled PE time.

Months 1-3:

- **Collect baseline data**
 - Physical fitness testing
 - Nutrition Survey
- **Set individual goals**

Months 4-6:

- **5-10 min. nutrition lesson**
- **Fitness Focus of the month**
- **Practice, fitness testing, fun fitness activities**

Months 7-9:

- **Final fitness testing**
- **Multiple chances to improve**

Fitnessgram

The physical fitness test used in California is the FITNESSGRAM. The FITNESSGRAM was developed ago by The Cooper Institute and is based



One-Mile Run

on solid research. It uses criterion-referenced standards, called Healthy Fitness Zones, to determine students' fitness levels based on what is optimal for good health. This minimizes comparisons between children and emphasizes fitness for overall health.

The assessment has 6 components to measure three areas of physical fitness that have been identified as important to overall health and function:

- aerobic capacity
- body composition
- muscular strength, endurance, and flexibility.

The 6 components are:

- Body Mass Index
- One-Mile Run
- Shoulder Stretch
- Curl Ups
- Trunk Lift
- Push Ups

2011-2012 Results

Our results last year were astounding. Jamestown and Curtis Creek were our pilot schools with Twain Harte joining at the end of the year. By the end of the year 49% of our students in the program reached the Healthy Fitness Zones in 6 out of 6 of the FITNESSGRAM components!!!

Fit for the Future Staff Paul McIlroy, Certified PE Teacher

With the addition of Paul in 2012 we expanded the program to ALL Tuolumne County Schools. Paul has over 20 years teaching experience, 14 of them in physical education. Phone: 209-536-2015

Email: pmcilroy@tuolcoe.k12.ca.us

Brie Ferguson, Registered Nurse

Brie has experience in youth fitness, personal training and is currently working as a registered nurse at Sonora Regional Medical Center.

For Questions please contact:
Brie Ferguson
Program Coordinator

Tuolumne County Superintendent of
Schools Office

Phone: 209-536-2044
Cell: 209-484-6204

E-mail: bferguson@tuolcoe.k12.ca.us