

Initiative:	Healthier Living
Project Name:	FAB 5: Lit Fit Program at Early Childhood Center
Funding Period:	January 15, 2011 – December 31, 2011
Date of Funding:	January 15, 2011
Project Coordinator:	Kay Bradford
Project Administration:	Lincoln Parish School Board
Total Funding Approved:	\$ 16,384.26

Program Summary

The purpose of the grant is to implement FAB 5: Lit Fit Program, a “motivating movement curriculum” which engages emergent learners in developmentally appropriate activities that enable them to be academically successful. The FAB 5 program teaches literacy skills combined with fitness and health concepts. Lessons provide intentional fitness, motor skill development, literacy-based skill development, and build an awareness of the importance of eating healthy and being active.

Grant Objectives:

- (1) Reduce the number of overweight school-aged children in Lincoln Parish by providing them with an early childhood education program that hopefully serves as a deterrent to obesity and encourages participant emerging literacy skills.
- (2) Implement the following five (5) program units:
 - Exercise Your Brain, Getting Started with Lit Fit;
 - Big Movements for Big Improvements, Moving Towards Stations;
 - Strong Foundations through Station Rotation;
 - Acceleration through Station Adaptations and Variations; and,
 - Nutrition through Stations.