



*Improving Health Care and Outcomes for Residents of Lincoln Parish*

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<b>Initiative:</b>	<b>Healthier Living</b>
<b>Project Name:</b>	<b>Triple Play: A Game for Mind, Body &amp; Soul</b>
<b>Funding Period:</b>	<b>November 1, 2011 – October 31, 2012</b>
<b>Project Coordinator:</b>	<b>Eldonta' Osborne, Executive Director</b>
<b>Project Administration:</b>	<b>Boys &amp; Girls Clubs of North Central Louisiana</b>
<b>Total Funding Approved:</b>	<b>\$ 62,564.00</b>

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### **Program Summary**

The Boys & Girls Club would like to expand its present program, Triple Play: A Game Plan for the Mind, Body and Soul to a year round activity.

Triple Play is a program designed to promote health and wellness for Boys & Girls Club members ages 6-18. It is a multi-faceted program designed to help young people become healthy, active and learn new ways to handle stress, maintain a healthy body and form positive relationships.

Triple Play stresses the importance of having an adequate number of trained staff to successfully carry out the program. Triple Play is part of Boys & Girls Clubs of America's Sports, Fitness and Recreation core program area, which consists of an array of effective programs for equipping Club members with crucial skills needed to become healthy, fit and successful adults.

### **Proposal Overview**

(a) **Triple Play Program:** A Game Plan for the Mind, Body and Soul.

- (1) **Mind:** Healthy Habits provides a wide-ranging approach to addressing nutrition, education and fitness.
- (2) **Body:** These elements promote fun with a purpose and physical fitness year-round in a non-competitive, yet challenging environment.
- (3) **Soul:** Social Recreation utilizes the game rooms to teach and reinforce social and ethical skills young people need to be successful.

(b) **Childhood Obesity Awareness & Education:** Childhood obesity is associated with various health-related consequences. Obese children and adolescents may experience immediate health consequences and may be at risk for weight-related health problems in adulthood. Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance.

(c) **Fitness Evaluation:** The fitness evaluation will be administered at the beginning of the program, the mid-point, and a final evaluation at the end. Exercise testing is essential prior to designing a program for a young client. The fitness assessment data can help you identify the child's strengths and weaknesses; it is also useful later, for evaluating the effectiveness of your program's design measuring how much improvement or decline the client has made. Assessment data can likewise be very helpful when working with parents, because it provides a baseline for comparisons. By identifying a child's level of fitness, you can show parents how the child compares with other kids of the same age and gender—and you may be able to rule out potential health-related concerns. Parents find it easier to understand their child's level of fitness if they can compare the assessment data to concrete standards.

(d) **Changing Parental Attitudes:** Parents will always have the greatest impact on their children's activities, so changing parental attitudes will be just as crucial as focusing your energy on the kids. The goals of the program are to reduce obesity, high blood pressure and other CVD by increasing physical activity, along with healthy eating, sleep, and stress management.