

THE SCHOOL BOARD OF BROWARD COUNTY, FL

Type:

- Physical activity program
- School/community health education

Setting:

- School-based
- Community-based

Partners:

- Other local organization(s): local YMCA
- Other: a fitness-equipment company trained teachers at both middle schools

Goals:

- To encourage healthy physical activity.
- To promote healthy lifestyles.
- To displace unhealthy, risky behaviors.
- To discourage illicit drug, tobacco, and alcohol use.
- To foster lifelong good health through physical activity and healthy eating.

Description:

Recreational and health-education programming was provided to 5,000 students aged 9-13 during daytime, after-school, Saturday, and summer opportunities in the cities of Lauderdale and Lauderdale Lakes.

Successes:

- Significant equipment improvements include a 20-station fitness trail at Boyd Anderson High School and a complete fitness room for Lauderdale Lakes and Lauderdale middle schools, benefiting more than 6,000 students and staff members.
- The YMCA used the fitness equipment and training in its after-school programs, benefiting 1,300 more students at three locations.
- The YMCA used the fitness equipment during a summer program.

Strategies for sustainability:

- The school district added the schools' equipment to a maintenance list to lengthen the life of the equipment.
- Teachers from the middle schools were trained to teach student how to use the equipment and will train other instructors.

Contact:

Elly Zanin
Broward County Public School District
(954)760-7494

