

## Safe Routes to Healthy Places

In order to increase participation and activity levels during before and after-school walking/running clubs, the *Physical Activity Integration* program in San Diego developed **Power Card Fitness Stations**. The *Physical Activity Integration* program worked closely with the **Safe Routes to School** program to display the fitness stations along the designated route to school. The stations highlighted child-friendly exercises, and incorporated nutrition education. Zamorano Elementary School and Encanto Elementary School participated in the pilot and were successful in reaching more than 2,000 students. The students who were a part of their school's Safety Patrol were trained to display the fitness stations along the route, and plan to continue these activities in an effort to sustain the healthy changes made to the school's environment.

## Harvest of the Month



The San Diego region developed the **Harvest of the Month Get Fit tools** in an effort to promote local, seasonal produce countywide through physical activity. The tools can be used to engage adults and youth in physical activity in community and school gardens, retail markets, food distribution sites, and worksites. Each activity emphasizes locally grown fruits and vegetables, such as the Berry Bend and Carrot Kick.

## Food Pantries for Fitness

The *Physical Activity Integration* program in San Diego developed an innovative partnership with Feeding America San Diego to **incorporate physical activity at community food distribution sites (CFDS)**. Feeding America San Diego developed fitness classes utilizing NEOPB-approved physical activity resources to target SNAP-Ed eligible adults and children attending their food distributions. A pilot program was established at two CFDS, South Bay Community Services and Bridge of Hope. Participants engaged in a **45-minute fitness class**, including *Shape of Yoga*, *Power Up in 10*, *Instant Recess*, in addition to Zumba and other basic fitness routines. Following the class, participants were able to take home healthy groceries from the CFDS and watch food demonstrations hosted by food bank volunteers. The pilot program remains sustainable through use of a train-the-trainer model, and expansion plans are being developed.

