

<b>Initiative:</b>	Healthier Living
<b>Project Name:</b>	<i>Smart Bodies</i> <sup>™</sup> II Program
<b>Funding Period:</b>	January 15, 2011 – December 31, 2011
<b>Date of Funding:</b>	January 15, 2011
<b>Project Coordinator:</b>	Cathy Judd, LSU AgCenter
<b>Project Administration:</b>	Lincoln Parish School Board
<b>Total Funding Approved:</b>	\$ 23,174.

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## **Program Summary**

The purpose of this grant is to implement *Smart Bodies II*, a comprehensive health program for youth that provides nutrition, education and promotes physical activities, as well as the promotion of healthy eating through school gardens, and the promotion of physical exercise through the implementation of a walking program.

### **Grant Objectives:**

- (1) Implement the *Smart Bodies* program at Simsboro High School, Alma J. Brown, and Hico schools with the primary goals of increasing consumption of fruits and vegetables of the children participating (at school and home); increase nutrition and physical activity knowledge and willingness to participate in physical activity; and, increase parent's awareness of their child's weight status. The *Smart Bodies* program consists of the following components:
  - Louisiana Body Walk Exhibit
  - Organ Wise Guys
  - Wisercise
- (2) Implement vegetable gardens at Cypress Springs Elementary, Ruston Elementary and Hico School for the purpose of providing students with the following learning opportunities:
  - knowledge regarding agriculture and where food comes from
  - responsibility to care for living organisms
  - team work and social skills
  - healthy food alternatives
  - nutritional benefits of vegetables
  - ways to cook garden vegetables
  - correlation between gardens and literature, math, science and art
- (3) Implement a walking program at Hico School that encourages students, family members, teachers and the community to participate in a walking program to reduce

their caloric intake by 100 calories per day. Participants will receive nutritional information via an e-newsletter and classrooms will enter into a competition involving number of participants who complete the 30-week program.