

Initiative:	Healthier Living
Project Name:	FAB 5: Lit Fit Program Expansion (Year 3)
Funding Period:	January 1, 2013 – December 31, 2013
Date of Funding:	January 1, 2013
Project Coordinator:	Kay Bradford
Project Administration:	Lincoln Parish School Board
Total Funding Approved:	\$24,495.61

Program Summary

The purpose of the grant is to expand implementation of the highly successful FAB 5: Lit Fit Program at four additional elementary schools in Lincoln Parish (Glenview Elementary, Hillcrest Elementary, Choudrant Elementary, and Simsboro Elementary). Since its initial implementation in 2009 at the Early Childhood Center in Ruston, the FAB 5 program has received accolades from teachers and participants and was most recently implemented at Hico Elementary School. The curriculum engages students 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.