

Community Partner: Wellness Connection

Action Team: The Fit Five

Action Team Members: Donald Edwards, Morgan Lansdown, Orlando Morris, Kendra Mosley, Edwina Smith-Ezem

During the 2008 Day One semester, The Fit Five Action Team completed 106 service hours for the Wellness Connection, logged 67 site visits, and traveled 132 miles. The purpose of their work was to educate elementary-aged children about the effects of fitness and nutrition; also, they wanted to spread the news about wellness to the community through advertisement of the Wellness Connection and the importance of a healthy lifestyle. The Fit Five developed a field day program for local elementary schools and provided rewards to motivate the school children to exercise. They also developed a podcast for the members of the Wellness Connection. The podcast was designed to help motivate members to workout and provide them with information about the Wellness Connection programs. The Fit Five overcame many obstacles during the Day One semester, including losing one of their members. However, they rallied together and completed a project that had a lasting benefit to their Community Partner.