

RoCo Fit –Rogers County Free Fitness Training Program

Developed as a “Free” fitness training program available to all adult residents (12 yrs. old and older) who live, work, learn, and/or play in Rogers County regardless of income. Target population includes those who cannot afford to pay for a program or fitness facility, but wish to improve their health. The program is one component of Healthy Community Partnership’s work towards free opportunities for physical activity and healthy nutrition in order to improve the poor health behavior statistics for Rogers County.

RoCo Fit includes:

- **Three yearly sessions of 10 weeks each**, consisting of twice/week experienced mentor lead walk and walk/run workouts
- **Weekly** educational and informational emails, cross training, educational opportunities, incentives, social interaction, and accountability.
- Workouts are held at Claremore Lake Park Trails. (and Chelsea High School in Spring and Fall)
- **Program points** given towards incentives for attendance at workout, educational clinics, and participation in area physical activity events.
- Participants receive **schedules** listing workouts, honor walks/runs, cross training, clinics, and events.
- **Three levels of walk and walk/run** are available (beginning/intermediate/advanced). Participants are offered several pace groups in each with 2-4 mentors/group. The program progresses slowly, allowing time to adapt to longer/brisker periods of activity for injury prevention and safety.
- **Educational clinics** on gear and walking/running form are offered by experienced mentors. Other educational clinics on nutrition, self-defense, and injury prevention are offered free by professionals (local dietitian, law enforcement, and physicians).
- **Incentives** are given at five weeks and technical shirts are given to those finishing 70% of program. The incentives or funds for program needs are donated or obtained through grants. The technical shirts are provided by Rogers County Health Department.
- **Mock 5K** – the last week of the session participants may participate in the free community Mock 5K (and 1 mile). Participants and mentors participate at their own level in the event, however mentors return to course to walk/run with participants encouraging them to finish.
- A **goal event** is selected from lists organized for charitable causes, with preference given to free Cherokee Nation WINGS races. Participants and mentors participate at their own level in the goal event.
- An **informal graduation celebration** is organized for all and their guests with a DVD choreographed with music, photographs, and videos of participants throughout the session. The DVD is created/provided by mentors and available for any participant or mentor in exchange for a blank DVD.
- **Evaluation** consists of pre/post fitness knowledge survey and pre/post one-mile walk and walk/run assessment/pace activity. Sign-in sheets are collected to track attendance. Qualitative data is collected in form of written testimonies and health statistics volunteered from participants.
- **Other components** available from RoCo Fit for the community include a website (www.rocofit.org) and FaceBook page (RoCo LoCo Motion) administered and updated by mentors.
- **Partnerships** are an important piece of RoCo Fit making it a community driven sustainable program. They include Healthy Community Partnership, Cherokee Nation Healthy Nation, Bike About Bicycle Shop, Rogers County Health Department, Northeast Technology Center-Claremore, Rogers County Bank, BancFirst, City of Claremore, Fire Eagle Promotions, Inc., Blue Cross Blue Shield of Oklahoma, Scott Youtsey Illustration, Eastern Oklahoma Orthopedic Center-Claremore, Claremore Police Department, Reaction Therapy, Rogers County Coalition, local media, and many volunteer mentors and professionals. The partners offer funds, support, assistance with creation, facilitation, organization, marketing, incentives, materials, supplies, and much more.
- **Success of RoCo Fit** is evidenced by the high number of participants, results of evaluation components, number of participants finishing 70% of program, positive participant feedback, mentor/participant testimonies, improved health statistics, return participation, and community acknowledgement and interest. The FREE program began in Spring 2012, and sessions have averaged 115 participants completing 70% of the program each session. Future plans are to continue to offer three sessions per year in Rogers County and mentor others communities to start a similar program and began with Garfield County in 2013, with Washington County following in Spring 2014.
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