

Organization: Children and Family Resource Center
of Henderson County, Inc

County: Henderson

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Project: Educational Sessions for Teen Health, Physical Activity and Wellness

*****Below are excerpts from their final report*****

About the Project: The Adolescent Parenting Program of the Children and Family Resource Center launched a fitness and nutrition program for our participants. The program included eight core training classes at the YMCA and four cooking classes taught by N.C. Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP).

Successes: This program raised awareness among the participants about the benefits of routine exercise and healthy eating. The girls who regularly attended the fitness classes have become excited about the weight they have lost and are motivated to continue with an exercise program. They are also more informed about healthy eating and drinking choices. They are making smart and healthy decisions about eating for themselves and their children.

By receiving this grant, we were able to launch the Eat Smart, Move More program that helped enrich the lives of our participants by encouraging them to be healthy moms, therefore impacting the health of their children. It also allowed us to strengthen ties with our community partners, the Henderson County Health Department and the YMCA.

