



IEHA: Goes Extreme

The NVON Project in Common for 2010-2012 is "Let's Take Off". Indiana will be participating in this program by doing a statewide exercise and weight loss program. IEHA will be leading the way to a healthier more active community through:

1. Yearly check-ups
2. A more active life style
3. Nutritionally sound food choices

The benefits of exercise and good nutrition:

- Increases energy
- Reduces stress
- Prevents heart attacks and strokes
- Encourages weight loss
- Lowers cancer risk
- Prevents or helps to control diabetes
- Improves blood pressure
- Produces a fit body
- Prevents osteoporosis and osteoarthritis

IEHA: Goes Extreme is based on exercise and good nutrition. The program is individualized so each participant can set their own goals based on individual ability and current health. Participants can begin a walking or running program, engage in aerobics, dancing, spinning, bicycling or any other activity that will get the body moving. A determined effort should be made to log current weight, foods consumed and water intake. Everyone participating needs to keep hydrated.

DETAILS

This program will **start July 1, 2010 and continue until May 30, 2011**. It will be a three (3) year program from 2010 until 2013 with awards presented each year.

Before participating in the program make sure to do the following:

- See a doctor before you start any kind of new exercise program if you are over 50, not used to physical activity, or have heart trouble, high blood pressure, arthritis, or other physical conditions which may affect exercise.
- Always dress appropriately for the conditions. A good pair of shoes or equipment is a must.
- Count any type of activity. Just get moving. Find a walking trail, park or mall for walking or running.
- Aerobics, dancing, spinning, chair aerobics, any type of exercise may be recorded

- Form groups; either local or community-based, at times you can meet
- Get together with those of similar goals or abilities
- Get family, friends, neighbors involved
- Be creative
- Go it alone if you have to
- Sign-up with short term and long term goals
- Appoint a county coordinator – IEHA members and non-members
- Keep a journal or log of time spent exercising and weight loss along with foods consumed

REWARDS

1. State Recognition
2. County progress reports at Fall and Spring District meetings
3. Recognition at 2011 Home and Family Conference. Rewards are awarded for the following:
 - County with highest percentage participating
 - Person with highest percentage of weight loss
 - Person logging the highest number of days exercising
 - Outstanding individual – motivator/leader, by nomination from county
 - Pins to all who reach their monthly goal

T-shirts for all who participate. Fleece jackets to winners in the categories 2-4. Plaque to county with highest percentage participating. Everyone who reaches their monthly goal will receive a pin. Each person who turns in their journal sheet each month will be entered into a drawing for an iPod at the end of the year. Drawing will be held at Home and Family Conference. Awards will be announced at the Recognition Banquet at Home and Family Conference.

Participants will receive County newsletter with nutritional information and exercise tips every other month. Participants will receive a brochure on Farmers markets and u-pick farms around the state of Indiana at sign up.

Program will expand to area schools in 2011-2012 with Educators and Extension Homemakers presenting nutrition programming at schools along with incentives for children to eat healthy and exercise.

A press release will be sent to local papers announcing the program along with information on corporate sponsors. Corporate sponsors will have logo on t-shirts. Sign-up sheets will be distributed to local schools, YMCA, Churches, 4-H clubs and Extension Homemaker clubs. We will inform the public in any way we can to attain participants for this program.

We will measure our success with midyear and year end reports to our organization. Each county will appoint a chair person for their county. IEHA State President will monitor this program along with requests for pins.