

Active Communities Success Story

March 2, 2009

Community Name: Gitwinksihlkw

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Key Active Communities program/initiative/event:

Women's Fitness Group (Exercise Daily and weight training daily). Also meet every Wednesday (support group) share, nutrition, healthy meals, etc. Also every Monday and Thursday we have a lady come in and do an aerobics class.

Partner organizations:

Nisga'a Valley Health Authority

Target population:

Women from 25 and up

Promotions:

By phone called everyone that just talked about getting in shape and invited them to the meeting. After the first meeting everyone was motivated and ready to start. Some participants talked about it on Face Book & Bebo which drew in a few more ladies.

Grants:

No grants, NVHA allowed me to purchase some 2 lb weights, exercise balls and mats (enough for 10 participants) but we would like to get more equipment.

What are participants saying about the initiative/program/event?

They love it and that it's better to exercise as a group like a buddy system. I usually call everyone or go and pick them up (no excuses).

Challenges:

I think the only challenge we had was trying to find a perfect time in the evening because there are a few of us that have children under 8.

Lessons learned:

With a support group we can do this together with positive encouragement and it's not all about losing weight but just to be healthy and make the right choices.

Evaluation/Measurement:

To evaluate the results of the Womens fitness group would be to see the number of ladies still in the program from beginning to end. Also when we first started we weighed in and took all our measurements which is done every 2 weeks or month.