



BULLDOG FIT



Chelsea School District



Intervention also funding in:

- Year 1: \$0
- Year 2: \$0
- Year 3: \$2,398

Amount Received from 5HF:

\$2,398

Total Expenses paid with 5HF funds:

\$1,042.88

Start and End Dates:

March – August, 2015

Total Units of Engagement:

N/A

Total Cost per Units of Engagement:

N/A

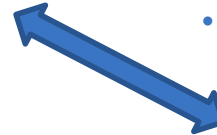
Bulldog Fit

Brief Description

- I. [Primary goal:](#)
- II. Increase the wellness of the school community; specifically increase the proportion of adults and children who report participating in the physical activities or exercise.
- III. [Goal #2:](#)
- IV. Increase the interaction between the schools and community.
- V. [Brief description of program:](#)
- VI. Individuals who complete fitness goals from ***Bulldog Fit*** will qualify for free race entries to the Heart and Sole race in May and/or to the Run for the Rolls in August.

Link to Coalition's 1 & 5 year plans

- Move more (exercise)
- Connect with others
- *"The mission of the 5HF is to create a culture of wellness and foster sustainable improvements in community health"*



Testimonials

- **Lisa Cole (Spanish Teacher at CHS):**
- *“Prior to the Bulldog Fit program, I had been working out a few days a week but wanted better results. So, I decided to participate in this program to increase how often as well as how long of a time I spent working out.*
- *Since participating in the program, I have become more dedicated to working out daily and have doubled the length of time that I work out too. Now I have more energy, feel healthier & really just feel a lot more like my old self again! Thanks for helping me get there!”*

Jen Cieciek

(Pre school teacher at WISD)

“ Since your first email last year about Bulldog Fit, I have lost 7 lbs and kept it off. Thanks for the inspiration!”



List all the goals of the intervention

1. Increase the wellness of the school community; specifically increase the proportion of individuals participating in physical activities or exercise.
2. Increase the interaction between the schools and community.

For the primary goal provide the following information:

Goal	Brief description of outcome. Start by stating if the goal was exceeded, met, partially met or not met.
Goal 1	Met: 68 individuals participated...secondarily, many included friends/family members in their physical activities.
Goal 2	Met: 25 employees + their family members participated in Chelsea's 2 races



Run for the
Rolls



Heart & Sole
Run • Walk • Bike

Units of Engagement

- 68 employees participated
- time each participant spends at each event (T in hours)
- number of events to be held (2)
- $68 \times T \times 2 = 136(T)$

Note – if this is an infrastructure intervention, units of engagement may not be applicable

Key Evaluation Data

- 68 employees participated (23% of total population of Chelsea Schools employees)
- 39 completed fitness passports were turned in
- 20 participants ran the Heart and Sole
- 13 participants ran the Run for the Rolls

Additional data collected

- Health activities completed by participants:

running, walking, ice skating, dancing, stairstepper, core strength, yoga, elliptical, weight lifting, hiking, kayaking, tennis, cross-country skiing, swimming, interval training, crossfit, bike riding,

Note – if this intervention was done in previous year, compare this year's data with previous years' data

What was the major accomplishment?

- Promoting wellness and health through a **proactive program** district-wide.
(as opposed to the traditional offerings of smoking cessation, etc.)



Was this intervention effective?

- Average weight loss for participants: 9.6 lbs.
- Average minutes/week exercised by participants: 203
(3 hours and 23 minutes)
- * 68 participants (23% of employees)



What were the unexpected results?

- 23% of all the school district employees participated to some degree.

Describe any setbacks encountered?

- The program became focused upon Chelsea Schools employees rather than including both adults and students of the school district.

Expenses and Income

How \$2398 was used:

- Heart & Sole registrations = \$ 540.00
- Run for the Rolls registrations = \$175.00
- Printing costs = \$ 262.00
- “Bulldog Fit t-shirts = \$65.88

- Total spent = \$1042.88
- Returned = \$1355.12

Funds from other organizations: (Chelsea School District)

- Bulldog Fit t-shirts = \$ 500.00

How can this intervention be improved next year?

Setbacks or issues identified	Proposed solution
Including students in the program	Presentation to teachers at beginning of year; direct mailings to families
Paper fitness passports not efficient	Use a fitness app to track miles/hours/calories, etc.



Sustainability

Will you propose this intervention received funding in the next plan?

Yes

No

If yes, select which sustainability models fit this intervention and then describe ideas about sustainability

Model 1:

No intra-source of income

1A: Benefiting organization might assume expenses in the future

1B. County, state, and/or federal funding opportunities available

1C: Once built needs no funding

1D. Will always be dependent on coalitions/participants

Model 2:

Some income will be generated but expenses will always exceed income

Model 3:

Income should equal expenses once steady state is reached