



Fighting Childhood Obesity – One Pound at a Time!
Building **O**n **N**atural **A**bility

**BONA B.L.A.S.T. (Building Lasting Awareness Stamina, and Tactics)
Toward Wellness Afterschool Campus Program**

Stepping out physically so we can be strong mentally

The Program:

- The Pledge – I pledge to be honest to my heart, my belly, and my butt. On this day, the things I put in my mouth and do to my body will assure the current and future wellness of me and my family.
- Goals:
 - Introduce and instill:
 - The importance and benefits of an active lifestyle
 - The power of nutrition and hydration
 - The benefit of team work
 - Establish 6-week, quarterly, and annual goals for the fitness team
 - Introduction of lifetime sports/activities
- What Students:
 - 3rd-5th grade Elementary Students
 - 12 - 18 students – Groups of 3
 - Students that are inactive, or have or at risk of having weight and health problems
 - Students must pass physical and be approved for physical activity
 - Students in the gap (Not in any activities, or who are troubled)
- Duration
 - Monday – Thursday for the Entire School Year
- Workout Time:
 - 2:50 – 3:30 (40 minutes after school)
 - With BONA Foundation Crew – once per week
 - With campus advocate and/or community advocate 3 times per week
- Workout Identity
 - Each week's workout will focus on different competition component
 - Nutrition
 - Strength
 - Endurance
 - Health and fitness concepts
- How we identify our students
 - Nominations/Chosen by teachers, nurses, and counselors
 - Send invitations
 - Meeting with students, parents, and all advocates
- What students wear/bring to workout
 - Wear sneakers, shorts & t-shirt
 - Bring food journal each week, which will soon be an interactive part of website



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- How we keep our students
 - Weekly prizes for team and team's family that excels each week
 - Prizes
 - Weekly
 - sports tickets
 - video games
 - gift certificates
 - Competition
 - Medals/Trophy – Team and Individual
 - CD's (Certificates of Deposit) – For College Funds
 - Weekly Team Weigh-In – Whole team on one large scale
- What to expect for the first month
 - Workout schedule with BONA Foundation Fitness Director and Community Advocate
 - Week one – 4 Days
 - Week two – 3 Days
 - Week three – 2 Days
 - Week Four – 1 Day
- Community outreach/service projects
 - Every 3 months/once a quarter – as a school district, ie Food Bank, Adopt a Highway, Community Garden, or Retirement Home
- 6-week competitions
 - Sign up for 5k's
 - Multiple campus competitions
 - Endurance, strength, speed, nutrition, health/fitness academic concepts, and cooking



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People Involved:

- Students, Students’ Family, BONA Wellness Director, BONA Community Volunteer, Campus Advocate, Doctor, Nutritionist, & School Counselor/Social Worker

Roles:

- **Student** – actively participate in program as outlined by the BONA Foundation; attend ALL BONA workouts; have food journal and water with them at all times (per school policy); attend ALL service projects and nutrition meetings; encourage teammates; input all food journal information and activities online; turn in homework as needed online
- **Family** – same as student; support and encourage student by providing transportation to ALL BONA events, attending ALL assigned meetings and with nutritionist to discuss meal plans and such.
- **BONA Wellness Director** – visit each campus once a week for hour; take students through workout; assign homework; encourage and empower; meet with students for lunch a minimum of once a month (unknown arrival), must get criminal background check approval per school district, will be subjected to random drug screening including but not limited to recreational and sports enhancement
- **BONA Community Volunteer** – Assist BONA Fitness Director with all activities. Direct, assign and distribute all student fitness homework, and assist in the accountability of student, school, and family involvement, must get criminal background check approval per school district, will be subjected to random drug screening including but not limited to recreational and sports enhancement drugs.
- **Campus Advocate** – link between trainer and students; encourage students; maintain weekly contact with trainer; be trainer’s eyes and ears during the week
- **Doctor** – support families; physical
- **Nutritionist** – Monthly meetings with family; provide meal plans;
- **School Counselor/Social Worker** – meet with families as needed

Workout Topics:

- B.L.A.S.T. - 21 Day Topics
 Each Topic will be the subject for 3 weeks (21 Days)

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| <ul style="list-style-type: none"> ○ Self evaluation ○ Build your team/Resources ○ Nutrition Bee/Food Prep ○ Commitment ○ Compete/Participate ○ Family Evaluation ○ Future Visualization <ul style="list-style-type: none"> ➢ Positive ➢ Negative ○ Team Building ○ Nutrition Bee/Food Prep ○ Team Competition ○ Team Evaluation ○ Paying it forward | <ul style="list-style-type: none"> ○ Gardening ○ Nutrition Bee/Food Prep ○ Compete/Participate ○ Military Cadence ○ Stress Constructive Ways To Relieve It ○ He's Not Heavy He's My Brother ○ Nutrition Bee/Food Prep ○ Compete/Participate ○ Evaluation <ul style="list-style-type: none"> ➢ Self ➢ Team ➢ Family ➢ Program |
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This will leave 8 free/reward days