

Fit Kids of SWOK



Apply Now for Certified Healthy Oklahoma

The Certified Healthy Oklahoma Program is a free, voluntary statewide certification. The certification showcases businesses, campuses, communities, congregations, early childhood programs, restaurants, and schools that are committed to supporting healthy choices through environmental and policy change. These entities are working to improve the health of Oklahomans by implementing elements, policies, and programs that will help Oklaho-

mans eat better, move more, and be tobacco free.

as a recruitment strategy or to advertise their dedication to a healthy lifestyle.

Certified Healthy recipients are recognized as leaders in their communities for going “above and beyond” to make health and wellness a priority. Recipients are invited to a special awards event and receive widespread acknowledgement for their commitment to the health of Oklahomans. Certified Healthy recipients often use their recognition

Most importantly, Certified Healthy Oklahoma gives recipients a sense of pride in their passion for improving not only individual health, but Oklahoma’s future for generations to come. For more information visit

<http://certifiedhealthyok.com/>



September is National Fruits and Veggies Matters More Month

September is National [Fruits and Veggies Matters More](#) Month! Try to focus your attention on eating MORE fruits and vegetables! Add one more. Try something new. Educate yourself. Teach the kids. Try a new recipe.

The Facts

More than 90% of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the MyPlate nutrition guide. But just re-

member two (2) things ... fill half your plate with fruits & veggies at every eating occasion (including snacks) AND all forms ... fresh, frozen, canned, dried and 100% juice ... count toward your daily intake! Make

healthy lifestyle changes. Comanche county has [TSET's Healthy Living Program](#) and [Fit Kids of Southwest Oklahoma](#) which work towards promoting health and physical activity for local resources along with local Nutrition Professionals.

Fit Kids of SWOK

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Chairman: Dr. Ben Cooper,
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Facilitator: Ashley Green,
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Facilitator: Taylor Thompson,
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We are on the web
Fitkidsofswok.org

"Creating an Active and Healthy Community!"

Monthly Meeting

Every 4th Wednesday, 12pm-1pm
CCMH, Oakwood 1&2

September Events

9-7-17 3 Mile Thursday

9-16-17 Annual Lawton Police Cops and Kids Picnic

9-21-17 3rd Thursday 3 Mile

Sat: Family Friendly Hikes 9am

Wildflower Walks 10am

Mountain Bike Club Rides 9am

[Fitness in Action Series](#)

www.fitnessinactionseries.com

More anti-tobacco work is needed!

TOBACCO STOPS WITH ME.

Big Tobacco has been targeting kids for decades to recruit new smokers and guarantee continued profits. The tobacco companies have done a good job with their marketing efforts with 9 out of 10 smokers starting by age 18. To counter their deadly efforts, Tobacco Stops With Me, a program of the Tobacco Settlement Endowment Trust (TSET), has launched a new series in its tobacco prevention campaign: Stop the Start.

Tobacco Stops With me is a statewide educational program that provides an emotional and highly recognizable tobacco-free message for Oklahomans to rally

around. The Stop the Start messaging focuses on helping parents, teachers, coaches and other influencers in the lives of Oklahoma's youth to take a stand against tobacco by talking to kids about the dangers of tobacco use and the benefits of never starting.

By sharing this messaging, Tobacco Stops With Me works to prevent Oklahoma kids from becoming addicted to tobacco – and suffering from the impact of the addiction on their health and wallets. In Oklahoma alone, smoking kills more than 7,500 adults annually and leaves thousands suffering with chronic diseases such as heart disease,

stroke, cancer and diabetes. Only by countering Big Tobacco's callous grab for profits and disregard for children's lives can Oklahomans save our vulnerable youth.

Learn more about the Stops With Me campaign at stopswithme.com/stop-the-start/. Learn more about motivating peers to be tobacco free at StopsWithMe.com. Call 1-800-QUIT NOW (1-800-784-8669) or visit OKhelpline.com to explore the free services available through the Oklahoma Tobacco Helpline.