



Let's **Commit to Fit** together!

Here's How it Works

Childhood obesity is a growing problem in the United States, and especially in the South. The Commit to Fit program was developed to help address this issue and teach children to make healthier choices at an early age. It combines existing structured wellness programs with fun and friendly competition to educate students about the components of good health. The program is open to all Shelby County Schools, and promotes physical activity, healthy eating and first aid skills.

Prizes

Six schools (a large and small elementary, middle and high school) whose students meet the participation criteria will win a \$1,000 grant to enhance an approved existing wellness or fitness program, create a new program or purchase wellness equipment.

Participation Period

November through May—awards will be announced at the end of the school year in May.

Eligibility Requirements

The program is open to all Shelby County Schools whose students meet participation criteria, including attending one SCS Coordinated School Health event and completing the following programs:

- School of Walk and Run of Tennessee, Shelby County Health Department
- Learning Labels, Pink Palace Museum
- #weDONTpuff, Shelby County Health Department

For more information, please visit <http://baptistonline.org/about/commit-to-fit> or email your questions to community.involvement@bmhcc.org



Public Health
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Shelby County Health Department

