


**Fire Up Your Feet Rewards Active Families and Schools:
Winning is Easy as 1-2-3!**

Kaiser Permanente Southern California HEAL Initiative
Informational Webinar
September 25, 2014





Please make sure you have connected with the telephone using the number and conference ID provided in your confirmation email.

Also please mute your phone.

Practice Getting Started


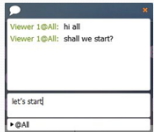
PHONE

- Connect with Phone
- Mute Your Phone



PARTICIPATORY FORMAT

- Active Dialogue
- Chat Box



Overview

- **Purpose:** To generate discussion and peer learning between Southern California HEAL grantees and partners.
- **Expected Outcomes:** Accelerated learning, inspiration, dissemination of best practices, and enhanced likelihood of successful community transformation.
- **Schedule:** Monthly web/phone convening the fourth Thursday.


Who's in the Room?

- Northern California HEAL Communities
- Southern California HEAL Communities
 - CBO's Leading PA Strategies
 - City, Parks and Recreation
 - Department of Public Health
 - Kaiser Permanente
 - Parents and Teachers
 - School Administrators



Cross Site Strategies

Community	Strategies
Anaheim	Active recess in elementary schools and physical activity routines in after-school and Anaheim Achieves programs.
Lancaster	Structured play during recess. Implemented by trained duty aids in elementary and middle schools.
Lemon Grove	Regular before- and after-school physical activities such as running, walking clubs, and exercise challenges in middle schools.
Long Beach	Power Play curriculum at WRAP afterschool programs in elementary and middle schools.
Oildale	SPARK Curriculum during recess, Instant Recess during homeroom, and Saturday Sports Program in after-school setting in elementary schools.
Ontario	SPARK curriculum during lunch at elementary school and at the YMCA THINK Together afterschool program in elementary and middle schools.
Riverside	Blacktop activities during recess and Game Day program during the HEARTS afterschool program in elementary schools.
Ventura	SRTS program, safe biking, and international walk to school month.
Whittier	CATCH curriculum in elementary and middle schools.



Special Guest Presenters



Sophia Mellow, CMP
 Regional Coordinator
 Fire Up Your Feet
 Safe Routes to School National Partnership



Learning Forum: Fire Up Your Feet this Fall
Sophia Mellow, CMP
Fire Up Your Feet, Safe Routes to School National Partnership
Arpiné Shakhbandaryan, MPH
Program Manager, Community Partners



Today we'll talk about

- What is Fire Up Your Feet?
- What is the October 2014 Activity Challenge?
- How can activity tracked at school lead to financial rewards for a school?
- Is it difficult, what if there is trouble when tracking?
- Who is expected to track?
- How much time will this take?
- How much money can a school win?

Safe Routes To School National Partnership: Fire Up Your Feet

Fire Up Your Feet is a core program of the Safe Routes to School National Partnership, aimed at encouraging families, students and schools to create active lifestyles that inspire our children to be healthy and physically active.



Why Schools

Place where kids spend most of their day	School is a captive environment
Where many kids get their daily nutrition and exercise	One in five KP members spends the majority of each weekday at a school

Our opportunity: **13,000 schools** in **750 districts** within our service areas

10



Fire Up Your Feet Across our Regions

1,000 schools
19,000 participants



CALIFORNIA

Fire up your Feet has been an exciting experience at our school. We walk and bike to school, Run for Fun, dance and play hard to stay happy and healthy. Now that we are starting to coordinate this school-wide wellness effort, we will work to make healthy choices into habits and make changes in our school community that everyone at Northmont Elementary will be FIRED UP about!!





MARYLAND

We are so grateful for the support from Fire Up Your Feet over the past school year. Our award during the Fall challenge was used to host our first annual Healthy Hula Family Luau. Hundreds of family members rotated through several activity stations (hula hooping, dancing, yoga and limbo- kids loved it!). We can't thank you enough for helping to make this an amazing year and can't wait to see what else we can do to get kids moving with Fire Up Your Feet!!





Fire Up Your Feet Awards!

\$89,500 worth of awards available this fall:

CA: \$40,000+	California Drill Down
CO: \$6,000	Two (2) first place awards:
GA: \$5,500	\$5,000 each*
HI: \$6,500	(1 each awarded in N/S California)
NW: \$13,000	Fifteen (15) second place awards:
MAS: \$18,500	\$1,000 each
	Ten (10) third place awards:
	\$500 each
	Five (5) runner up awards:
	\$200 each




FIRE UP YOUR FEET!

Let's Get Tracking and ready for October!




FIRE UP YOUR FEET!

How to Register for Fire Up Your Feet



FIRE UP YOUR FEET!

How to Use the Coordinator Activity Tracker










Sophia Mellow
sophia@fireupyourfeet.org
www.fireupyourfeet.org

Thursday informational
"Challenge Chats"
@ 8am & 4pm PST

Thank You for Participating!
Kaiser Permanente Southern California HEAL Initiative
Informational Webinar
September 25, 2014

Please complete the survey prompted in your chat box.
