

## Community Health Programs currently offered:

### BODY BY BETHEL:



Body By Bethel is a beginners exercise program geared towards Bethel residents 18 to 80 years old who fall into the category of physically inactive (do less than 30 minutes of continuous exercise/three times per week). Participants work at their own pace with instruction. The circuit conditioning class includes 5 minute warm-up walk, 30 minutes aerobic/strength training exercises and 5 minutes cool down walk. The last ten minutes are spent discussing a weight/nutrition/exercise question raised by the class.

**Note:** The Bethel Park and Recreation Department is also offering Body by Bethel classes. Bethel residents are offered first priority. These classes are open to all Fairfield county residents.

**The Bethel Health Department plans to use its FY Health Block grant allocation to fund a physical activity program focused on preventing heart disease and stroke in Bethel.**

<b>Model Standards Goal:</b>	The community will eliminate premature death and disability related to heart disease and stroke.
<b>Focus:</b>	Regular practice of light to moderate physical activity.
<b>Risk Factor:</b>	Physical Inactivity.
<b>Objective:</b>	To conduct a moderate intensity aerobic class for 12 weeks in fall and 12 weeks in winter - 2 times per week with a self-monitored 3rd class for residents of Bethel.
<b>Program Indicators:</b>	22 participants complete Fall. 22 participants complete Winter. All DPHAS reporting forms completed and submitted. Percent regularly engaging in physical activity.
<b>Program Name:</b>	<b>“BODY BY BETHEL”</b>
<b>Instructor:</b>	CPR Certified Aerobics Instructor.
<b>Program Structure:</b>	
Time Frame:	First program September. Second program January.
Program Length:	12 weeks/2 times per week with a self-monitored exercise, 5 minutes cool-down for a minimum total of 40 minutes of exercise. Lasts 10 minutes of class to include wellness education focusing on healthy behaviors and lifestyles. Topics include nutrition, stress, mental health, disease prevention, and behavioral modification.
Medical Approval:	Physician approval for attendance is required.
Health Risk Appraisal:	A “Health Style Self Test” and “Physical Activity Quiz” will be used by participants before and after attending the program.
Evaluation:	Attendees will fill out evaluation forms after completing program.