

## **BREATHITT COUNTY SCHOOLS**

### **WELLNESS CLUB**

- Collaborative Effort between FRYSC's and ARI Initiative
- Incorporated into the District Wellness Policy
- Implemented by FRYSC's and other District Personnel

The District proposes to form a Wellness Club to promote healthy lifestyles among students and adults.

The District would offer after school activities to include walking/running at the SMS track; organized exercise classes including, but not limited to Zumba and Pound, also at SMS. For activities such as Zumba or Pound, students would get in free; however adults would be expected to pay.

This is a preliminary plan for the Wellness Club. As it grows, more activities would be incorporated. FRYSC's would encourage participation by promoting the programs at each school. Additionally, the District would encourage participation among staff members as part of the Humana Vitality Program.

Humana Vitality is an added benefit to our current Health Insurance Plan, where members are encouraged to maintain healthy lifestyles. Regular exercise and meeting health goals allows members to earn prizes through the Humana Vitality Program.