

2010-11 GET ACTIVE! Mini-grant Recipients

| Name and Location | Objective | Sector |
|---|---|------------------------------|
| Penn State Cooperative Extension of Fayette County | The Cooperative Extension will provide support and training for school, after-school and Y staff so that they may implement the Up for the Challenge curriculum, and the program can continue beyond the timeline for proposed funds. The Up for the Challenge program is geared toward youth who are not athletically inclined and helps them develop, manage and assess personal fitness goals. | Community based organization |
| Cameron County School District | Cameron County's Fitness Machine Project is designed to improve the physical fitness routines of the students in grades 7 through 12 with the intent of changing or improving the students exercise habits for life. Geochaching provides a way for kids to get physical activity and reconnect with nature. It is also a lifelong physical activity/hobby once learned that kids can enjoy and perhaps engage family members in. | School |
| University of Pittsburgh | The new all-seasons initiative "Walk & Cycle for Health in all Seasons" will promote physical activity within three communities in McKean and Potter counties in northwestern Pennsylvania. This new healthy program will include the purchase of pedometer, walking guides, bicycles and snowshoes. | School |
| Bishop McCort High School | This grant will help fund the purchase of 3 Lemond Revmaster Bikes to be put into the BWC. | School |
| Dickinson Mental Health Center | When Highmark offered the Dickinson Mental Health Center a discount on their health insurance premiums, they began the employee Wellness Program, whose mission is to encourage a gradual improvement in overall health, well-being and personal satisfaction for all employees. The overall objective of this project is to provide all employees access to additional educational and physical training to improve their overall fitness and health, including various exercise equipment, such as weights, steps, fitness balls, dumbbells and jump ropes. | Worksite |
| Allegheny Health Department | The Pittsburgh Major Taylor Cycling Club (PMTCC) is a group of individuals committed to promoting cycling for health, recreation and socialization. The PMTCC Youth Outreach Program wants bicycle riding to be all-encompassing for kids, offering endless opportunities for experiential learning. This | Community based organization |

| | | |
|--|---|-------------------------------|
| | grant will go towards purchasing 6 new bikes for the PMTCC program. | |
| Brandywine YMCA | The purpose of the grant is to increase water safety and prevent drowning among low-income, minority youth in downtown Coatesville through the collaboration of the YMCA and City of Coatesville. | Community based Organization |
| Hanover Hospital | Key members of the Greater-Hanover community recognizes the problem of childhood obesity across the nation and put together the Childhood Cardiovascular Wellness Taskforce, a partnership between The Community Health Improvement (CHI) Department of Hanover Hospital, the Hanover YMCA and Penn State Hershey Children's Hospital, charged with determining the most effective ways to work together to change the prevalence of childhood obesity. This mini-grant will fund a new after-school program, Generation "C", which will improve the physical health and behavior knowledge of participating third grade students and will have a significant impact on Greater-Hanover's Schools, families and students. | Community based organization |
| Sheffield Area Middle High School P.E. Department | The Get-Active Mini-grant will help fund a new program at Sheffield Area Middle High School called P.E. Evolution with Dance, Dance Revolution, which they hope will make P.E. fun for both genders in a wide range of social groups. | School |
| Penn Soil RC&D as fiscal agent for running rEVOLUTION | The running rEVOLUTION group's goal is to allow every woman to move toward greater mental, physical and social well-being by filling the streets and paths with women running towards personal empowerment, improving the lives of the women and their families involved. The mini-grant will help fund 400 high-visibility belts/vests for participants, and also provide a series of six training sessions for new runners facilitated by local volunteer doctors. | Community-based organizations |
| York City Bureau of Health | York City's Bureau of Health's local ACHIEVE initiative, dubbed Eat*Play*Breathe York, is a community-wide initiative in the City of York to "Transform the York community where the healthy choice is the easy choice" (EPBY vision). The mini-grant will fund the Safe Routes to School (SRTS) program, an evidence-based program that uses a multi-pronged approach to increase physical activity and safety for school-aged children by creating a safe walking route to school for students, creating a sense of community, and building lifelong healthy habits through increased physical activity among students. | Community-based organizations |
| JBS Souderton, Inc | JBS Souderton, Inc, is a meat processing plant that employs approximately 1200 employees. | Worksite |

| | | |
|---|--|----------------------------------|
| | JBS is pioneering a unique program that focuses on the health and well-being of its employees and families. An exercise area with fitness equipment will be purchased and located in a convenient area with access to all JBS employees. The employees will be able to use the equipment before and after work and on their lunch break. Additionally, a short trail will be created connecting the JBS worksite to a local trail located across the street from the plant. | |
| The Cameron County Recreation Board | The "Play for Health" Initiative's goal is to enable all youth to explore physical fitness and a healthy lifestyle and to provide the youth of the county a safe, creative, educational, constructive yet physically active outlet in which to build character, pride and self-esteem. The Board proposes to utilize grant monies to enhance existing services, introduce new physical activities and by partnering with the American Cancer Society's Youth Mini Relay for Life event. | Community-based organizations |
| City of Bethlehem Health Bureau | The City of Bethlehem Health Bureau plans to increase opportunities for physical activity at different fitness levels for all students during an after school program at Broughal Middle School by June 30, 2011. | School-based |
| Project Destiny of Pittsburgh | Project Destiny is a safe place for inner city youth to grow and experience positive relationships while gaining a positive self-image. They are hoping to incorporate swimming and other physical fitness activities into their after-school program and provide children with the opportunity to learn to swim by taking them to the local YWCA for lessons. | Community-based organizations |
| City of Erie/Erie on the Move Task Force | The Erie on the Move Taskforce is dedicated to getting young people and their caregivers more active and promoting a healthy lifestyle in the inner-city. The grant money will go towards the creation of public service announcements encouraging reduced screen time and increased activity, along with monthly activity sessions in partnering community centers, parks or school buildings to include mentors to provide support and education as well as the equipment necessary for more active play sessions. | Community-based organizations |
| Masonic Homes of the Grand Lodge of Pennsylvania f/b/o Masonic Children's Home | The Masonic Homes of the Grand Lodge of Pennsylvania, on behalf of the Masonic Children's Home, seeks support for their proposed "Walking Club" program. The grant will be used for the costs of two treadmills, and t-shirts, pedometers and flashlights for their | School (Masonic Children's Home) |

| | | |
|--|---|--------------------------------------|
| | <p>forty children in the Children's Home. The walking clubs will enable the children to develop an appreciation for physical activity, which will carry forward into adulthood.</p> | |
| <p>Lewistown United Ministries in Neighborhood Action (Lumina Center)</p> | <p>The grant project would enable the Lumina Center to plan activities that are addressed in the Pennsylvania's Advisory Council on Physical Fitness. By providing access to more physical activity on a regular basis, they will be helping to improve the overall health of the youth and form a foundation for a more active lifestyle that will fit well into adulthood. The grant money will supply various exercise and play equipment, which will enable the Lumina Center to set up exercise "stations" where youth can do certain physical activities and see progress in different areas.</p> | <p>Community-based organizations</p> |
| <p>Community Workout</p> | <p>Community Workout's mission is to encourage long term physical fitness of its volunteers by creatively combining physical activity and doing community service at the same time and on a continuous basis. The main objective for applying for the mini-grant is to equip 15 more volunteers into the Community Workout program. Grant will fund pedometers and trash pick-up equipment.</p> | <p>Community-based organizations</p> |
| <p>Hope Network</p> | <p>This grant will funded Wii equipment for a small non-profit organization that conducts community recreation, sports, and fitness programs for children and adults with disabilities.</p> | <p>Community</p> |