

AHEI Grant "Achieving Healthy Steps"

July 20, 2015

We received the check for \$1000 along with the letter of explanation for our grant. We have purchased the equipment we requested and have started keeping records of our Achievers in our Fitness Notebook. We are making every attempt to keep our Achievers healthy by encouraging regular physical activity and eating healthy snacks.

On June 22, 2015, we began keeping a spreadsheet which is tracking the Achiever's name, BMI (Body Mass Index), BP (Blood Pressure), Weight, Steps and exercise DVD. We are taking this information on the weight and blood pressure on a weekly basis. However, we are charting the steps more often.

Our Achievers range in weight from 136.5 to 464.0 pounds. This also registers between healthy weight BMI (18.5-24.5) to Obese (>40). We are looking forward to seeing improvement in all categories.

Before we received this grant, the Achievers were exercising on a daily basis by walking laps around the gym. Our goal for them was 5 laps at the very beginning of our program to 10 laps, which is the equivalent to 1/2 mile. The Achievers are now up to 12 laps each time. Since we have started our exercise program, we are alternating aerobic, weight and balance training.

Summary: We have plans to continue Achieving Healthy Steps by continuing to use the equipment purchased with your grant funds. We will also use the documentation of our program to monitor any health issues that might arise and assess health risks for our Achievers.

Achieving Dreams thanks you for the opportunity to purchase the equipment for Achieving Healthy Steps.