



FYI Connections

A monthly newsletter for Tuscarawas County families.

February 2009

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

American Cancer Society
 American Diabetes Association
 American Red Cross
 Claymont Schools
 Dover City Schools
 Dr. Timothy McKnight
 HARCATUS Head Start
 Indian Valley Schools
 Kiwanis
 Dr. Michelle Levitt
 Nationwide Insurance
 New Philadelphia City Schools
 Newcomerstown Schools
 Norma Johnson Center
 Ohio State University Extension/4-H
 Super Fitness/Thin & Healthy's
 Total Solutions
 Strasburg Schools
 Tuscarawas-Carroll-Harrison
 Educational Service Center
 Tuscarawas County Board of MRDD
 Tuscarawas County Dairy Farmers
 Tuscarawas County Health Department
 Tuscarawas County Parks Department
 Twin City Hospital
 Union Hospital
 WIC
 YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.

On-going support is being provided by the Twin City Hospital Healthy Community Outreach Program.

For more information about Fit Youth Initiative contact:

Christine Kendle
kendle.4@osu.edu

Linda Krupa
krupa.15@osu.edu

[Ohio State University Extension
 Tuscarawas County](#)
 330-339-2337

Ready, Set, Run for Home!

Submitted by: Pam Dummermuth, RN, BSN, Union Hospital



Are you still looking for the perfect New Year's Resolution? The answer may be in your own backyard. The second annual Union Hospital Run for Home half-marathon is set for Sunday, April 19 at 1:00 p.m. at Tuscora Park Pavilion in New Philadelphia. Don't let the word "marathon" intimidate you, though...this event has something for everyone! The day's activities include a full half marathon (13.1 miles), a three person relay team in which three individuals work together to cover the 13.1 miles, a one mile walk/run, and a kids fun run! A health and fitness expo on both Saturday the 18th and on race day will round out the weekend activities.

In order to assist the community to prepare for such an event, Union Hospital will once again host educational classes. Race organizer Het Sabo is also organizing informal group run/walks. Exercising on a regular basis can be more fun when a group works together. The series of six Saturday morning programs and group run/walk is designed not only for people interested in participating in a Run for Home event but anyone planning to start an exercise program. The programs are free and open to the public. No registration is necessary. The Saturday morning classes are at 8:00 a.m. The list of classes is as follows:

Date	Topic	Location
February 7	"Back to Basics"	UH Reeves Auditorium
February 21	"Cross Training"	Tuscarawas County YMCA
March 7	"Perseverance"	UH Reeves Auditorium
March 21	"Oh My Aching Feet"	UH Reeves Auditorium
April 4	"Ready and Safe"	UH Reeves Auditorium

The Sunday afternoon series of informal group runs will be held on the Ohio & Erie Canal towpath trail. The informal runs or walks will begin at the towpath trail located just west of Bolivar on State Route 212. Water will be provided. Each run will begin at 1:00 p.m. The dates are: **February 15; March 1, 15, and 29; and April 12.**



Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

Kid's Fit is back at Super Fitness beginning Saturday, January 31! Weekly 45 minute activity for 4-12 year olds will be held **each Saturday through March 7 at 10:30** in the group fitness room. Free to all children in the community! Bring a friend! Lots of fun and a great opportunity for exercise and a break from the mid-winter blahs!

13th Annual Book Drive sponsored by HARCATUS Head Start Policy Council. Appropriate books for children or adults will be accepted through February 27 and will be distributed to local families to help conquer the growing illiteracy problem in our area. Call D. J. Lang (330-364-6248), Jan Slocum (740-492-0528), Stacey Turney (740-922-6895), or Carol Henry (330-859-1134) for information on drop off locations or to make arrangements for pick-up.

"Run for Home Club" at Dover Middle School—Sherry Patterson, school nurse, is leading interested students in running/walking through the halls after school on Tuesdays and Thursdays up until the April 13 event. Activity will move outside when the weather breaks!

News from the Twin City YMCA! Still have openings for the "Rock-n-Rhythm" youth hip-hop dance class for ages 4-10. The afterschool program for all school aged children is available each day until 6 p.m. Spring Programs begin February 23. Open registration for Spring Programs begins February 16.