

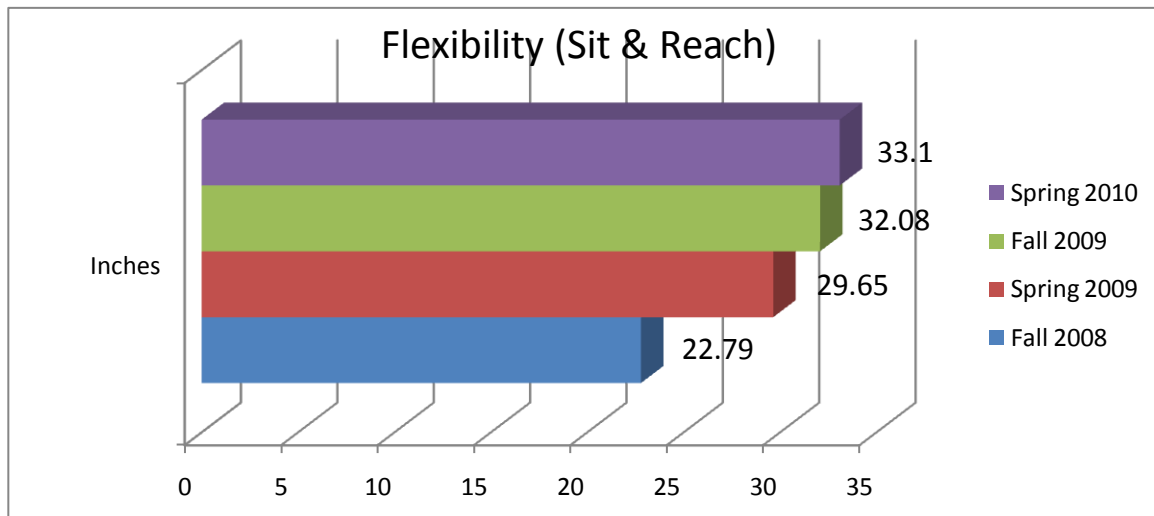


Establishing lifetime patterns of health and fitness for youth

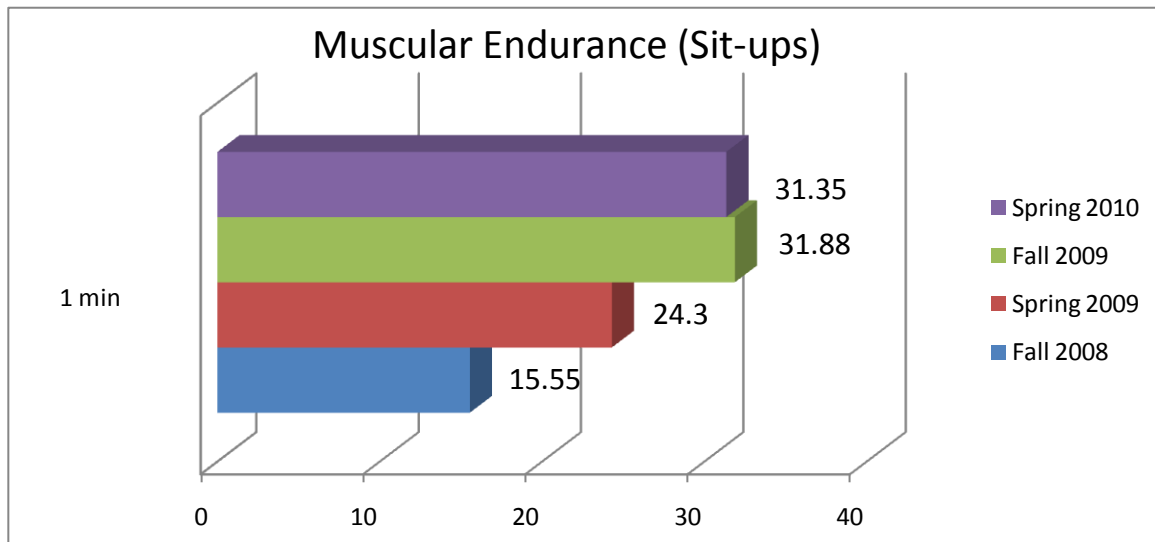
Fit-n-Fun After-School Program Outcomes (21 months continuous participation)

Participants enrolled in Fit-n-Fun for four consecutive semesters who participated in the fall 2008 pre-test through the spring 2010 post-test showed significant improvement in each of the tested indexes.

- **Flexibility (sit & reach)** – 34.62% improvement from September 2008 pre-tests to May 2010 post-tests for the 18 participants who were enrolled and completed the pre and post-test *all four semesters*.



- **Muscular Endurance (sit-up)** – 91.96% improvement from September 2008 pre-tests to May 2010 post-tests for the 18 participants who were enrolled and completed the pre and post-test *all four semesters*.



- **Muscular Endurance (maximum push-up test)** – 222.92% improvement from September 2008 pre-tests to May 2010 post-tests for the 19 participants who were enrolled and completed the pre and post-test *all four semesters*.

