



COMMUNITY-ENGAGED LEARNING

LIFT

PATHWAY: NUTRITION AND EXERCISE

Initiative Description

LIFT is a fitness and nutrition program that focuses on exercise and nutrition. Through motivation, cardiovascular and strength workouts, nutrition education, job readiness and other outreach, LIFT makes a difference in the lives of their Athletes (participants). The students aim to bring awareness of the importance of a well-balanced lifestyle to athletes by conducting a lifestyle assessment and subsequently tailor the program to the assessed needs. LIFT offers 30, 60 or 90 day fitness and nutrition programs to the athletes.

Annual Student Activities

- 12-15 students per cohort
- LIFT asks students to plan to achieve the bulk of their hours during one or 2 LIFT programs (a 60 day session where participants meet a total of 17 times, for example).
- Other duties as assigned

Community Outcomes/Results

- Awareness of the importance of a well-balanced lifestyle among local homeless populations
- Resiliency and self-efficacy in relation to diet, exercise, and job placement among local homeless populations.
- Access to lifestyle and health screening services for local homeless populations

Facilitator

Brett Campo, LIFT Fitness Foundation

Partners

- Jim White Fitness
- Salvation Army
- Judeo-Christian Outreach Center
- Studio Bamboo Institute of Yoga
- Jim White Fitness & Nutrition Studios
- VB Home Now
- BEACH Partnership
- Healthy Chesapeake

The Need

- Poor diet and lack of physical activity are linked with poor health outcomes including increased risk of cardiovascular disease and diabetes
- Poor health is a leading cause of homelessness
- Individuals experiencing homelessness experience increased difficulty in achieving a healthy and well-balanced lifestyle, exacerbating health conditions