



## COMMUNITY-ENGAGED LEARNING LIFT

### PATHWAY: NUTRITION AND EXERCISE

#### Project Description

- Students lead 30-, 60-, and 90-day programs in fitness, nutrition and healthy lifestyle.
- The program provides process quality assessment and overall improvement in quality of life.
- LIFT is a non-profit created to empower individuals in need through nutrition and fitness education.

#### 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).
- Having consistent volunteers builds a sense of community for the participants. LIFT offers approximately 5-7 programs within the academic year.

#### 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 population

#### FACILITATOR

Brett Campo, M.S.A.E.S., ACSM CPT  
Executive Director, LIFT

#### 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
- ForKids, inc.

#### THE COMMUNITY NEED

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