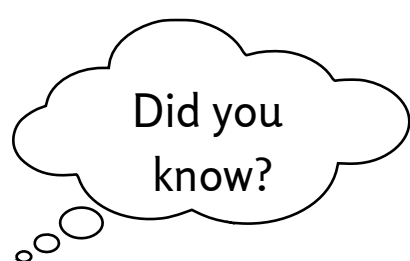


FitX

Friends, Family & Fitness

FitEx is an evidence-based, 8-week, statewide walking and fruit/vegetable consumption program delivered to teams of individuals across the state.



Over 80% of Americans are not meeting the PAGA and 90% are not getting enough fruits/vegetables.

The Physical Activity Guidelines or Americans (for adults 18+)

For substantial health benefits, adults should do at least:

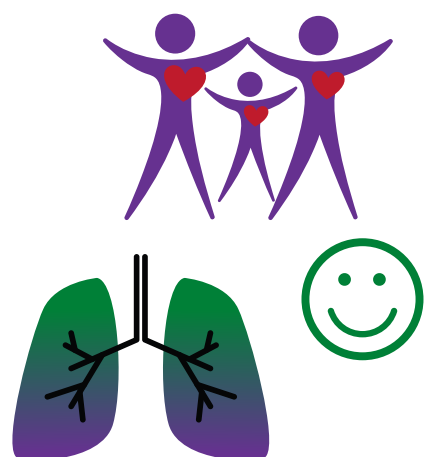
- 150 minutes of moderate-intensity aerobic activity OR 75 minutes of vigorous-intensity aerobic activity a week.
- Muscle-strengthening activities of moderate or greater intensity 2 or more times a week.

Goals of FitX

- To walk an average of 10 miles per week to meet the 150 minutes of aerobic activity per week.
- These miles can be actual miles (walked or run), or any 15-minute bout of physical activity.
- Daily fruit/vegetable tracking increases awareness and behaviors.



Why be active?



- Physical inactivity is predictive of chronic disease, morbidity, and mortality. On the other hand, physical activity is associated with improved mood and ability to complete tasks of daily living as well as decreased risk of chronic diseases.
- Physical activity and healthful eating combined achieves the greatest impact for health.
- Extension efforts are needed to combine both physical activity and healthful eating.

Impacts of FitX

- From 2009-2012- Over 1500 people participated (established evidence-base)
- 2015-2020: 1,489 participants
- Two states Virginia and Wyoming
- Has helped Americans reach the Physical Activity Guidelines and Dietary Guidelines for over a decade

"I liked that this program pushed me to not be the one to let the team down. That was my incentive."

"It also made them accountable to the others on their team, which made them take more steps and eat more fruits and veggies".

"I like the spirit of competition, it was motivating."

