

## Identifying Resources for Replication

### Raising Money:

- Look at your host business/engage with business liaison. Does the business have a foundation, and would you be able to create an ask?
- Approaching large retail corporations and asking if they would consider a gift card donation (Target/Walmart/Kohls/)
- Go Fund Me
- Approach school district...are there unappropriated dollars? (Check with Medicaid office at the school district)
- Apply for a grant
- Make a case for a local restaurant to donate a portion of nightly/weekly proceeds to your cause
- Pasta dinner/pancake breakfast with a silent auction (items/services donated by community members)
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### Finding Devices

- FitBit offers deep discounts for orders over a certain quantity
- Shop Black Friday/Cyber Monday deals
- Approach retailers....do they have old inventory? Would they consider donating devices? Would they offer a discount?
- Health Insurance companies often offer free devices to subscribers....many go unclaimed! Gather a group of known subscribers who have not claimed and see if they would donate their device.
- Look at Target/Walmart and see what they offer for "off-brand" fitness trackers
- Consider refurbished models that are less expensive
- Consider approaching school district....does the Physical Education program have heart rate monitors? Would the school consider purchasing the devices and loaning them out to the students year after year?
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# Community Resources

## Grocery Store Partners:

- **ASK!** Most grocery retailers love to talk about their store! They love hosting student groups and are usually more than willing to host tours.
- Offer to recognize the store brand in a public forum (e.g.- in the special ed newsletter, as a recognition in your community graduation celebration, etc.)
- Ask if the chain would consider donating a small gift card to each student. If they cannot do that, can they offer a small food donation for use in a healthy cooking demonstration.
- Does the store offer cooking courses or have a community garden on the property?
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## Rec Center/Fitness

- **Again....ASK!**
- Most counties have a rec center which offers discounted rates to students
- YMCA
- Consider a 2 week free trial at a national gym (24 hour fitness)
- Engage with community personal trainers. Would they consider providing an outdoor training session?
- School district- could you make use of the PE facilities/instruction?
- YouTube! Move some furniture in your PS Classroom and follow along to an online video. Consider other online fitness instruction (e.g.- Fitness Blender, Daily Burn, Les Mills...Make use of the FREE TRIALS)
- Social Media...make an ask on your Facebook for resources!
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## Community Resources- cont'd

### Cooking/Nutrition Education

- Does the host business have a cafeteria/kitchen? Would they consider hosting the students for a lesson?
- If your Project SEARCH site is a healthcare org, do they have nutritionists who would be willing to provide education to the students?
- Approach community rec centers...many have test kitchens
- Ask school district if they would consider allowing use of trade facilities (e.g. does the district have a technical prep school?)
- Approach a technical college (e.g.- Johnson and Wales)
- Approach a local cooking class retailer (e.g.- Cookstreet or Sur La Table)
- Can you identify a student's family/alumni family/staff member who has a kitchen large enough to host the group for a demonstration?
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### Uniforms and Incentives

- Ask host business if they have any have any older model company issue tee shirts anywhere.
- Shirtmax.com has plain colored tee shirts for as low as \$1.59 each.
- Request that each student wear a tee shirt from home of a specific color (e.g.-red)
- Does school district have access to older model tees?
- Approach a local screen printing company and see if they would consider a donation, or if they have any mis-prints that they would consider giving.
- Host business "swag" makes great incentives (water bottles, chapsticks, stress balls, etc)
- Approach local restaurants with "healthy" menus, and ask if they could consider donating a gift card as an incentive.
- Would area gyms/personal trainers consider donating a personal training session for use as an incentive?
- Call to friends and family to see if anyone would donate unused gift cards (cash cards, .com cards, etc) for use as incentives.
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## Data Tracking for Outcomes

- Baseline steps
- Step increases from baseline
- Step count for a set period of time (e.g.- Friday at dismissal to Monday at start of program)
- Flights of stairs taken for a set period of time
- Baseline heartrate
- Most active minutes for a set period of time
- Water/sleep logging (depending on model of fitness tracking device)
- Weight change (weigh in at start of wellness program/weigh out at completion)
- Changes in attitude and perception of fitness/wellness/healthy eating
- Feelings and attitudes about types of exercise (spin class vs. yoga)
- Food intake (and corresponding color category "Go, Slow, Whoa/Green, Yellow, Red)
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