

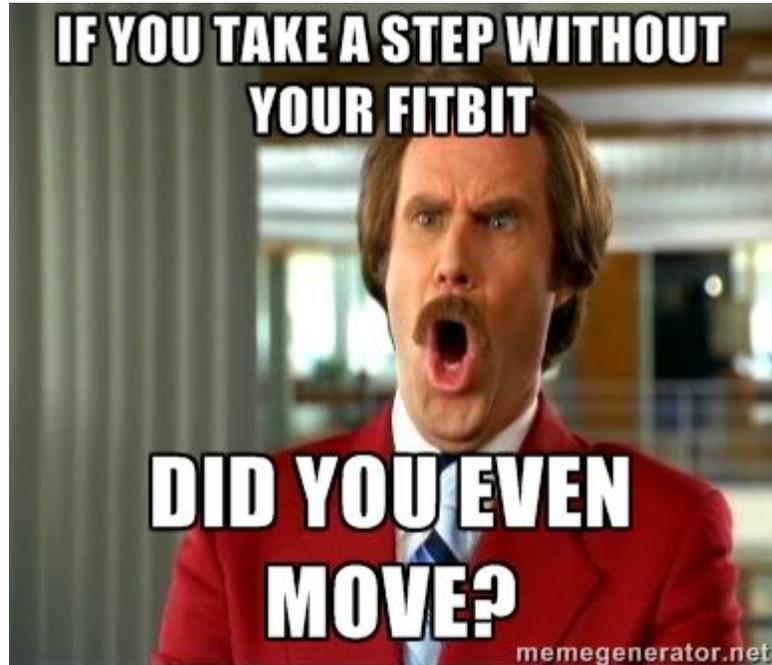
Fitbits for Full Lives

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PROJECT SEARCH

FORT COLLINS, CO





Audience Questions

- How many of you have a Fitbit or Smartwatch?
- Chat: For those of you with a Fitbit or Smartwatch, what are your two favorite functions?

The Research...

Currently nationwide, 67% of people with disabilities are unemployed or underemployed (US Department of Labor, 2021).

People with disabilities are also at a higher risk for obesity and developing diabetes and cardiovascular disease because of a more sedentary lifestyle than their typical peers. 24% of individuals with intellectual disabilities are physically active three to four days per week compared with 51% of the general population (Rimmer, Braddock, and Marks 1995).

Workplaces with a wellness program that includes Fitbits, see a 77% increase in employee engagement in health and a 51% increase in performance and productivity (HERO Wearables in Wellness Survey Report, 2015).

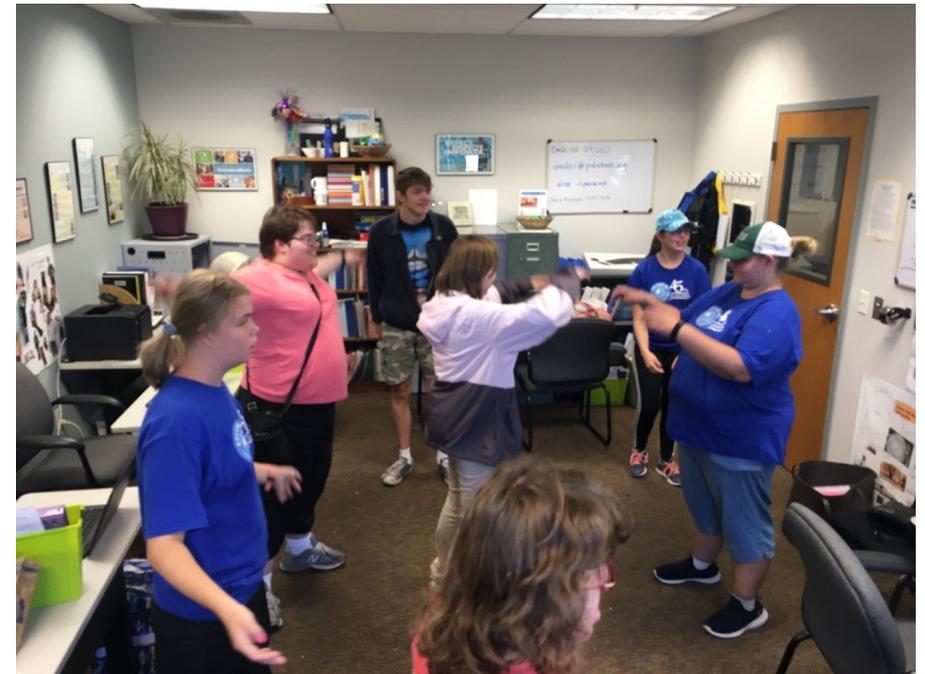
Goal

- The goal of our Fitbits for Full Lives Project was to create an authentic and personal learning experience by providing students immediate feedback and a tool for self-motivation to increase their overall health and wellness therefore better preparing them for the work world.
- With improved health and wellness, comes increased job performance, work stability and enhances all other areas of an individual's life.



Implementation

- Each student in the class was given a Fitbit to wear 24 hours a day.
- The Fitbit recorded steps, heart rate, tracked multi-sport exercises, cardio fitness level and sleep. The Fitbit also provided guided breathing exercises to help decrease anxiety.
- Health Matters Curriculum educates students about being fit, eating healthy foods, drinking enough water, getting enough sleep, stress management, etc.
- We used the Fitbits throughout the lessons to provide a personal connection to these topics and increase students' motivation to take care of themselves in all areas.



...to be chill and happy.



...when I'm strong!



I like to jog!



...to be strong!



Engagement



- The data from the Fitbits was utilized to make learning more fun and increase competition with each other to boost participation and motivation (weekly stats).
- We used apps such as the Workweek Hustle to engage students in competing with their classmates to earn trophies and badges. Workweek Hustle displayed the students' step counts Monday through Friday and gave a "trophy" to the winner and badges when a student reached a personal best.
- ACE Program SC² Club goal was to raise money to purchase Fitbits for next year's Project SEARCH class.
- Monthly Challenges and Gift Cards donated by host business.

Fitbit Stats

Week of _____

Monday	
Steps	
Calories	
Active Minutes	
Exercise Today?	
Sleep Score	
Resting Heart Rate	
Miles	
Floors	

Tuesday	
Steps	
Calories	
Active Minutes	
Exercise Today?	
Sleep Score	
Resting Heart Rate	
Miles	
Floors	

Wednesday	
Steps	
Calories	
Active Minutes	
Exercise Today?	
Sleep Score	
Resting Heart Rate	
Miles	
Floors	

Thursday	
Steps	
Calories	
Active Minutes	
Exercise Today?	
Sleep Score	
Resting Heart Rate	
Miles	
Floors	

Friday	
Steps	
Calories	
Active Minutes	
Exercise Today?	
Sleep Score	
Resting Heart Rate	
Miles	
Floors	

Saturday/Sunday	
Steps	
Calories	
Active Minutes	
Exercise Today?	
Sleep Score	
Resting Heart Rate	
Miles	
Floors	

Weekly Stats

Monthly Challenges

- August- Get to Know Your Fitbit (learn features)
- September- Fitbit On & Charged Challenge
- October- Daily Step Challenge
- November- Healthy Breakfast
- December- Drinking enough water
- January- Calories Burned
- February- At least 8 hours of sleep
- March- Mindfulness
- April- Gratitude

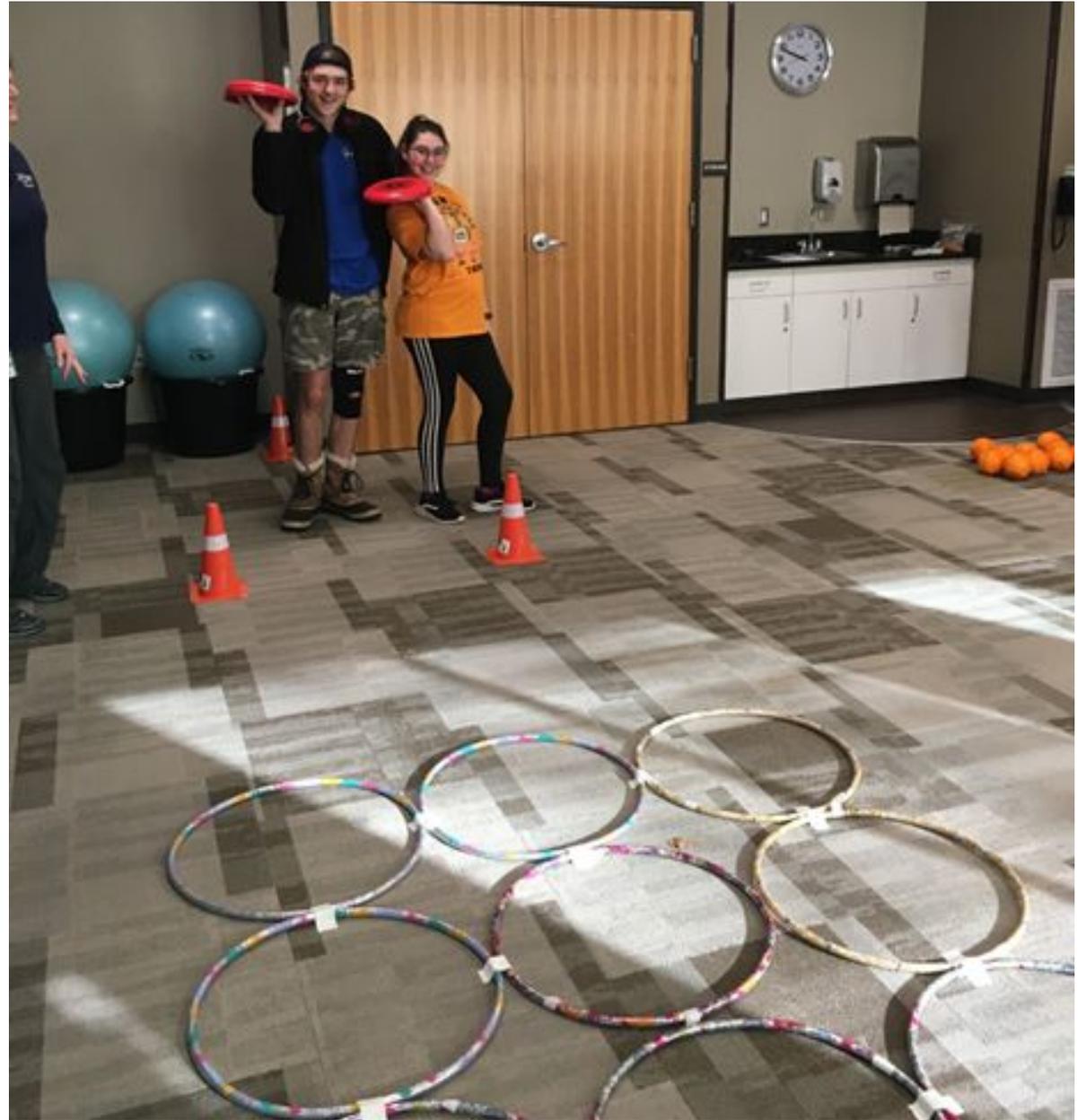


Partnerships

- Occupational Therapy Intern from Colorado State University and Instructor created challenges
- Host Business donated monthly incentives (gift cards to various businesses around town)
- City of Fort Collins Adaptive Recreation Opportunities
- Fundraisers with Local Businesses
- Cooperhome 18-21 Transition Program







CYCLEGIVING

Project SEARCH x CycleBar Fort Collins
CycleGiving

Join Project SEARCH at CycleBar Fort Collins to get a great workout for a great cause! Join us on January 17th, 2020 from 8:30-9:00 a.m. to step out of comfort zones, and raise funds for Project SEARCH health and wellness programs.

Use the link below to **BOOK** your Bike and join us for one **AMAZING** workout and cause!

https://members.cyclebar.com/book/cyclebar-fort-collins/pig_1718432



January 17, 2020
8:30-9:00 a.m.

Reserve your
spot today for
only \$15!

Help Project
SEARCH raise
money for health
& wellness
programs!

Great workout
for a great
cause!

CYCLEBAR
3300 S. College Avenue
Suite #140
Fort Collins, CO 80525
970.821.6437

PROJECT SEARCH
Contact Emilie Ring for
more information
Project Search Coordinator
970.219.6667

You're invited to a
SPIRIT NIGHT AT
TORCHYS

Project Search Poudre School District

Date: January 17, 2020

Time: 11 AM - 4 PM

Location: Torchy's Tacos
3280 S. College Ave. Fort
Collins, CO. 80525

Fundraisers



Use in the workplace

- In the workplace, people with disabilities often utilize accommodations to help them be successful such as a task list, adapted computer equipment, alarms for reminders or a job coach.
- The majority of our students use alarms to alert them when it is time for their break and when it is time to return from break.
- Fitbits were a seamless, easy to use accommodation for the workplace that many of their co-workers also wore.



Grants applied for...



School District Foundation
Grant 2018



Century Link Grant 2018



Community Center Board
Grant 2019- Awarded

Fitbits for Full Lives Budget Detail

Item	Price per item	# of items needed	Total Cost
Fitbit Charge 3	\$149.95	10	\$1,499.50

Objective 1:

- To improve employment outcomes for students, 100% of Post High School Students will wear a Fitbit to obtain concrete and personal data about their daily exercise and health habits and use the data to increase work stamina. Work stamina will be measured in hours of work at an internship. Currently, most students work 1.5 hours or more at a time. To evaluate success, the students will increase work stamina to 2 hours or more.
- *Currently, 6 out of 7 students are continuing to increase work stamina and are working 4-hour shifts successfully. One student is out on medical leave.*



Objective 2:

- To monitor progress and success, 70% of Post High School Students will score a 3 (satisfactory) or 4 (exceeds expectations) on their Core Skills Evaluation in the employment setting indicating they are ready for entry-level paid employment.
- *6 out of 7 students received a 3 or higher score on their Core Skills Evaluation per their last evaluation dated between 2/24/20 to 3/4/20.*



Objective 3:

- To increase personal accountability for physical fitness, 75% of the Post High School Students will increase their step count by 2% each month.
- *Students began August 26, 2019 with their Fitbits and we have seen their step count data rise and fall. For the first two months, the step counts increased by 10-12%. The step count percentage decreased back to baseline levels in December and January. Covid 19 Pandemic occurred; students encouraged to get steps in with walks with families/friends; step counts remained stable.*





Anecdotal Data

- In March 2020, students self-reported eating healthy foods more often and felt happier about themselves. Students responded to the statement, “Things I like about myself regarding health and wellness;” 1. I get to do new things when it’s Friday (our health and wellness day). 2. Staying healthy and eating vegetables 3. I like that I push myself above the limit, make myself healthy and fit. 4. I like to walk my dogs. 5. I like that I am happy, I like that I can walk 1 mile without hurting. 6. Eat more cucumbers, love my workouts.
- We have had many rich conversations regarding the statistics they received from their Fitbits such as steps, calories, active minutes, sleep score and heart rate. The students reported they like to check their heart rates when exercising to push themselves to get to fat burning, cardio, or peak levels of performance.
- Students recorded data from their Fitbits or journals all month and the students who completed the challenge were entered into a drawing for a gift card. The students reported enjoying the health challenges and were eager to learn the next month’s challenge.

Where are the students now?

- 1- took a job in landscaping at host business and then transferred to a landscaping job with the school district
- 2- after receiving support for mental health, worked at smoothie shop and now working at Ross Department Store
- 3- hired as a personal care provider assistant at host business
- 4- hired as a dietary aide at host business
- 5- hired as a dietary aide at host business
- 6- moved to Arizona and working at Amazon Fulfillment Center
- 7- following COVID, family decided to discontinue job development process