

OEAFCFS Living Well Challenge

The Oklahoma membership of OEAFCFS was presented with an eight week challenge that focused on better health and wellness to enhance well-being.

From the membership, 17 individuals registered. The areas of overall health and wellness they could select to focus on included drinking more water, getting more rest and improving sleep, eating healthier, setting goals and increasing exercise.

Participants kept a weekly journal of progress to motivate and see what helped and what did not. At the conclusion of the two month time frame, they received a survey asking how they benefited from the challenge, if they could see an improvement in the area of their focus and submitted the survey as the final step in the Living Well Challenge.

The names of 12 individuals were placed in the drawing held at the state meeting of OEAFCFS.

Member's names were sorted by the district they serve and one winner from each district was selected. The winners received a Fitbit Altra HR.

The funding for this event was secured by a grant through the FCS department on the campus of Oklahoma State University.

Oklahoma State University is recognized as one of the healthiest college campuses across the nation. The students and faculty are challenged to utilize programs offered by the university and promote the usage of the premier facility at the Colvin Center on campus.

(One individual lost a total of 35 pounds during this challenge)

Submitted by Lynda Latta, Vice-President Public Affairs, OEAFCFS