



COMMUNITY-ENGAGED LEARNING LIFT

PATHWAY: NUTRITION AND EXERCISE

Project Description

- Students lead 30-, 60-, and 90-day courses in fitness, nutrition and food shopping
- The program provides process quality assessment and overall improvement of life
- LIFT is a non-profit foundation created to offer nutrition, fitness and job placement training and services to homeless individuals

Annual Student Activities

- 8 Students per cohort
- “Not only do they see physical improvements, but many of them also report improvements in confidence and their willingness to set and pursue goals. It’s incredible to witness when that manifests as a new job or housing opportunities.” — Molly Snyder, EVMSMD Class of 2021

Community Outcomes/Results

- ↑ Awareness of the importance of a well-balanced lifestyle among local homeless populations
- ↑ Access to lifestyle and health screening services for local homeless population
- ↑ Resiliency and self-efficacy in relation to diet, exercise, and job placement among local homeless populations

FACILITATOR

Jaime Rhoades, LIFT Fitness Foundation

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

THE 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 homelessness

CERTIFICATION OR QUALIFICATION

Brock Nutrition Certification