



## **Fitness and Nutrition in Schools**

The Fitness and Nutrition in Schools (FANS) program takes a fun, hands-on approach to prevent chronic diseases for the children in our school system. Through increased physical fitness opportunities, improved nutrition, and healthy lifestyle education, this program helps local children learn how to make healthy choices throughout their lives.

By increasing PE engagement, campaigning for healthier snacking, and even introducing school gardens, this program is helping kids learn the importance of taking care of their bodies and reducing county obesity rates.

On the elementary level:

- Provide resources to improve quality of physical education classes & support active movement in the classroom
- Promote wellness-centered classroom learning
- Provide hands-on nutrition education through raised garden beds

On the secondary level:

- Provide state-of-the-art crop producing greenhouses and learning landscapes
- Partner with MCPS Food & Nutrition Services to serve crops in the cafeteria; track consumption of healthier choices made by staff and students
- Provide health education and awareness focusing on vaping, tobacco cessation, proper nutrition, and the importance of daily exercise and water intake.
- FANS CLUBS - comprised of students from each middle & high school, each Club will promote innovative health activities, taste tests, and health awareness campaigns.

<https://mchdt.org/fans-fitness-and-nutrition-in-schools/>

Service Location

2547 E Silver Springs Blvd  
Ocala, FL 34470  
United States

352-622-3662

## **Provider**

URL

<https://mchdt.org/>

The mission of the Marion County Hospital District (MCHD) is to enhance the quality of life for Marion County residents by promoting health and wellness through various community initiatives. We are committed to creating a sustainable system of care by fostering a multidisciplinary network of providers. Our key focus areas include diabetes & obesity, dental health, substance use & behavioral health, unintentional injuries and prevention. MCHD runs several programs internally, including the Active Marion Project, the Community Home Project, Fitness and Nutrition in Schools, and manage the services at Beacon Point, furthering our commitment to improving health and wellness in the community. MCHD also provides support to many organizations in Marion County like Heart of Florida and SMA Healthcare to ensure that all Marion County residents, regardless of their ability to pay, have access to the services they need.

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