

Fit Together



HEALTHY HABITS

Northwest CT Healthy Eating
& Active Living Initiative

Fit Together



HEALTHY HABITS

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Progress Report

2022-2023

Community Projects



Completed Projects – 2023

Sue Grossman Still Water River Greenway Mile Markers

Thanks to Ansis Bergs, a community member who made the homemade wood signs, and the City of Torrington for installation. Trail users now know how far they have traveled along the 3.5- mile one-way trail. Annually thousands of people use the greenway including walkers, joggers, runners, bikers and other “wheels”.

Projects in Progress

Winchester’s Mad River Recreation Area Trail Improvement Project

One of the cornerstones of Fit Together’s Mission is to create accessible, low cost exercise opportunities for all community members.

Steps Made to Date:

- Hired Barton & Lojuidice a multi-disciplinary consulting firm to design a three-phase trail project plan with engineered concept map
- Hosted community information session at Little Red Barn Brewery
- Supported the Town of Winchester’s CT Recreational Trails Grant application which was awarded at 60K for phase one project design
- Advocated for phase one construction



Celebrating NEW 5-2-1-0 Partners

Fit Together was excited to sign up three new partners. They are busy implementing the ten wellness strategies and we cannot wait to see how they support their students and families.

Harwinton: Kordas Korner Preschool

Winchester: Hinsdale & Pearson Schools



Canaan Childcare Center

Our new Fit Together partner, Canaan Childcare Center, received a grant through the Northwest Regional Early Childhood Alliance for the purpose of engaging parents into the school readiness community and to raise awareness of early childhood education needs. Fit Together collaborated with Director Fran Chapell and local chef and caterer Charlene Dutka for a fun and educational evening.



Our Mission:

To build the healthiest kids, families and communities through sustainable strategies that foster healthy eating and active living.

Our Dream:

Our dream is that Torrington & Winsted will be recognized as the healthiest communities in Connecticut. Our future is held by our children and our challenge is to give them the best chance to live long, healthy and productive lives.

Executive Summary

2022-2023 marked Fit Together's 11th and 12th years of promoting the creation of healthier places for our children and their families. As we transitioned out of the pandemic into a new normal, we continued to work with our community partners to create new ways to get physical activity every day and to make the healthy eating choice, the easy choice.

This report describes & charts our continued progress throughout our expanding communities.

- We welcomed new community partners, including: New Opportunities, EdAdvance, YMCA Camp M.O.E., two Winchester schools and two new childcare centers.
- We awarded 19 mini grants to partners working to create healthier environments & experiences.
- We've advocated for Farm to School food programs & healthy choices in school lunch menus.
- We've assisted Winchester in receiving a \$60K CT DEEP Trails planning grant for Mad River Recreation trails.
- Advocating for Mad River Recreation Area trail improvements and support of the Sue Grossman greenway extensions connecting Torrington & Winsted.

Working together, we're creating positive change and improving lives. We're all apart of it- we all Fit Together!

Be Well-

Carla H. Angevine Fit Together Executive Director
Greg Brisco, Fit Together Steering Committee Chair

PARTNERS



Charlotte Hungerford Hospital
A Hartford HealthCare Partner



NEW OPPORTUNITIES
Building Relationships to End Poverty™

Steering Committee Members:

- Carla Angevine, Executive Director Fit Together Manager of Community Health and Health Promotion Charlotte Hungerford Hospital
- Michelle Jose- Director of Nursing Community Health and Wellness
- Greg Brisco, CEO, Northwest CT YMCA
- Elinor Carbone, Mayor, City of Torrington
- Michael Curi, MD, Pediatrics and Adolescent Medicine
- Joanna Keyes, Public Health Specialist Torrington Area Health District
- Jennifer Kelley, Winsted Senior Center Director & Municipal Agent
- Brian Mattiello, Senior System Director of Social Impact, Strategy, and Integration, Hartford Healthcare

Staff:

Carla Angevine - Executive Director
Jessica Stewart - Youth and Families Coordinator
Pam Tino - Community Coordinator

Supporting our Partners: Mini Grants

Fit Together awarded mini grants to Northwest CT organizations supporting projects that align with Fit Together's NWCT's mission and Strategies Spring 2022 - Fall 2023

- Canaan Childcare Center: Sensory Pathways
- EdAdvance: Playground Equipment, Garden Enhancement for Community Garden
- The Gilbert School: Garden Enhancement, Fitness Room Refresh
- Goshen Center School: Snow Shoes, Pickle Ball Court
- James Morris School: Snow Shoes
- Litchfield Center School: Fit Together Fitness Bags
- NWCT Y Childcare: Why We Keep Moving- and We Move EverydaY
- Oliver Wolcott Technical School: Cycling Toward Fitness
- PAL: Strength and Conditioning Program
- Torrington School: Outdoor Classroom and Play Equipment
- Torrington Middle School: Nature Trail Improvements
- Southwest School: Asphalt Activities through partnership with Building Healthier Communities Grant
- Warren School: Activity Enhancements, Pickle Ball Court
- Winsted Senior Center: Healthy Food and Nutrition Matters



- (a) NWCT YMCA Childcare-Gross motor skill equipment
(b) Winsted Senior Center- Garden composter and healthy food matters
(c) EdAdvance- Community Garden Enhancement

Fit Together Celebrates its 5210 Gold Partners

These gold level sites were identified because they instill a positive relationship with food and enthusiasm for healthy choices by promoting evidence-based strategies such as limiting or eliminating sugary drinks, promoting water as the drink of choice, prohibiting the use of food as a reward, limiting unhealthy choices during snacks and celebrations, and providing opportunities for physical activity outside of recess on a daily basis.

They also offer practice specific, obesity prevention program components that include providing consistent 5-2-1-0 messaging in offices.

Childcare

- Brooker Memorial
- EdAdvance Head Start & School Readiness
- Hilltop Christian Early Learning Center
- Torrington YMCA Childcare
- Winsted Area Childcare
- Torrington Childcare Center

Schools

- Torrington Elementary
- Vogel-Wetmore School
- Oliver Wolcott Technical High School
- The Gilbert School

Pediatricians

- Litchfield County Pediatrics
- Dr. Curi and Dr. Magda
- Litchfield Hills Pediatrics



EdAdvance Early Childcare
Playground Equipment



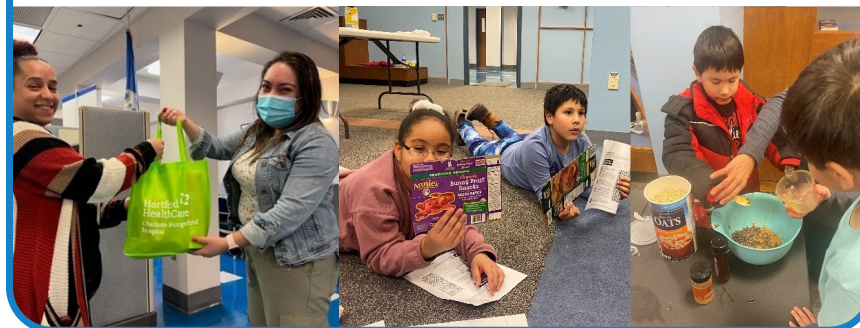
Oliver Wolcott Technical High School-
Cycling toward Fitness

2022 – 2023 Highlights

Fit Families at New Opportunities Inc.

Fit Together include fun group physical activities for kids, special community guest speakers for adults and a variety of nutrition and cooking lessons for the whole family.

Topics included: Healthy Quick Breakfasts and Snacks, Eating Well on a Budget, Active Living Tips and Resources, Mindfulness, Mental Health Support, and Youth Substance Use Prevention.



Café Yum and Fitness Fun Vogel Afterschool Program

Weekly program partnered with Charlotte Hungerford Hospital, EdAdvance and Torrington Public Schools to provide healthy cooking lessons and fun physical activities.





YMCA's Camp M.O.E., a day camp in Litchfield County for boys and girls aged 5-15 years, has been providing campers recreational activities and social skills for over 10 years.

This year, I had the pleasure of conducting an eight-week "Fun Fit" program through a partnership with YMCA and Fit Together. The daily program began with one-hour fitness games that kept kids moving and having fun, followed by a one-hour session of preparing a healthy snack that they were able to take home and share with their families. The kids were enthusiastic about trying healthy new foods and the self-confidence they experienced by recreating the snacks at home, which included power balls, fruit skewers, and smoothies.

- Jessica Stewart



Sue Grossman Greenway Family Bicycle Rally

Fit Together held its second annual Family Bicycle Rally September 2022. Participants enjoyed riding along the 6-mile course with healthy refueling stops and raffles prizes at the end. For younger riders new to biking, there were Strider bikes and a balance course, along with fun kids' activities.

Unfortunately, the 2023 Rally was cancelled due to inclement weather but we look forward to our 2024 event which will include community partners, family activities, helmet giveaway, bike safety tips, a food truck, and more.

