



## K.I.S.S. Project Is Coming to Vinton June 2015

The K.I.S.S. Project (Keep It Simple Sister), led by founder and certified fitness instructor Sharmita Rideau, is a free, 10 week, comprehensive weight loss program geared specifically towards women wanting to lose 20 pounds or more. It focuses on simple steps to achieve health goals and utilizes certified fitness instructors and registered dietitians. Rideau explains, "It is my goal to help women just like me make lifestyle changes they can stick to. I share many options they can choose to do at home, in the neighborhood, or even at the gym. Weight loss doesn't have to be complicated. This program is about doing simple things to jump start weight loss and get healthier."

Women wanting to learn more about the KISS Project are invited to attend an informational Meet & Greet set for Thursday, June 18th at 6 p.m. at Ward 7 Recreation Center located at 1615 Horridge Street in Vinton. Classes meet three times per week, Monday, Tuesday, and Thursday, beginning Monday, June 22nd 5:30 p.m.– 6:30 p.m. at Ward 7 Recreation Center. Classes will run through Thursday, August 29th.

Dare to be Healthy is a three year initiative to combat the skyrocketing obesity rate in Calcasieu Parish. It is made possible by a Challenge Grant from Blue Cross and Blue Shield of Louisiana Foundation and matched by local partners throughout Calcasieu Parish. The grant is valued at over \$1.5 million and is administered by Southwest Louisiana Area Education Center in cooperation with the Partnership for a Healthier Southwest Louisiana.

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## Summer FitKids kicks off June 1st

Summer Fitkids, a summer fitness program for kids attending the City of Lake Charles summer camps kick off on Monday June 1st at 3 sites: MLK, McMillan, and Bellard Community Centers. And on June 8th, 3 parish sites will also host Fitkids: E.K Key and Henning in Sulphur and J.I. Watson in Iowa as part of the summer feeding program. Not only does the city and parish provide FREE nutritious meals for all kids up to the age of 19, but they also provide the kids with an opportunity to partake in fun, fit friendly exercises all summer long. Fitkids is taught by certified personal trainers from GiG's Downtown.

## CPPJ and the Partnership Hosted Walking Press Conference

If you weren't at the press conference, then you missed out on valuable information about the health of Southwest Louisiana as we released the results of the 2015 County Health Rankings for the five parishes in Southwest Louisiana to see how they did on their annual health check-up. Representatives from the Department of Health and Hospitals, the Calcasieu Parish Police Jury, the Partnership for a Healthier SWLA, the Go Group, and various stakeholders from around the region were in attendance to support the critical efforts being made to make SWLA a healthy place to live, work, and play. Experts in fitness was on-hand to demonstrate the newly installed fitness stations along the walking trail. Physical inactivity is a major risk factor for all premature deaths. It contributes significantly to cardiovascular disease, high blood pressure, stroke, type 2 diabetes, cancer -- even depression and Alzheimer's. It is also very expensive for our country. In 2008 alone, the U.S. incurred \$147 billion dollars in costs associated with physical inactivity. That's twice the size of the federal budget for the Department of Education! Walking can help: Manage weight, improve mood and help ease depression, Boost your immune system, Maintain mental efficiency, Strengthen your heart, lungs, and muscles, Lower blood pressure and improve cholesterol levels.



## LSU AGCenter and Partnership to Host Chef Camp for Kids

The Partnership for a Healthier Southwest Louisiana is partnering with the LSU AgCenter to host Summer Chef Camp for kids to promote fruit & vegetable consumption in children living in low income households. The first camp will be held June 1-4 from 8:30a.m.-2:30 p.m. at Greater St. Mary Church. The second camp will be held June 22-25 at Mount Pilgrim Church and the last one will be At the AgCenter July 13-16. Sessions are divided into two components: a tasting activity and a cooking activity.





## Fun Facts

37.3 % Obesity Rate  
in Calcasieu Parish

353 Text for Health  
Campaign Subscribers

600 Likes on Face-  
book

PHSWLA

ISSUE 001 January 2015

## Upcoming Events/Volunteer Opportunities

### Cash and Carry Farmer's Market every Tuesday 4p.m.– 6p.m.

The Cash and Carry Farmer's Market seems to grow every week. They've added a ton of new vendors . Wonderful market with wonderful people and lots of homemade goodies. Everything from Smoothies, fresh bread , butter, and milk, and lots and lots of fresh produce. Support local and the market will continue to grow!

### Chef Camp, June 1-4 8:30a.m.-2:30 p.m. Greater St. Mary Baptist Church

Through a partnership with the LSU AgCenter we will provide Summer Chef Camp for kids at local churches

### Summer Fitkids, June 1st -July 29th MLK, McMillian, Bellard, E.K.Key, Henning, and Vinton Elementary

The Partnership and the City of Lake Charles will implement Fitkids at select summer camp sites.



## Partnership for a Healthier SWLA

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