

HISTORY:

In 2001, Williamstown Head Start employees noticed the rising trend of obesity among their students. This is when professionals from social and healthcare organizations and schools joined forces with Williamstown Head Start to raise awareness about physical activity, and proper nutrition and forming the grassroots coalition, FFLAG (Fitness For Life Around Grant County).

In 2004, the major health problems in Grant County were identified to be obesity, tobacco use, and depression. The FFLAG coalition determined the best way to address these issues was to raise health awareness, partner with worksites to promote employee health, provide opportunities for citizens to improve their health, and ensure that new roads, schools, and neighborhoods are built with pedestrians and cyclists in mind.

In 2009, FFLAG became a 501(c)3 organization to become self-sustaining and apply for grants. FFLAG's operating budget is comprised of various funding sources: the Northern Kentucky Health Department's contribution; income from commissions, fees, and donated services.

The FFLAG coalition has raised over 2.2 million dollars for FFLAG initiatives, engages more than 2,600 people each year, and raises health awareness to residents of Grant County by providing opportunities to be physically active and lead healthy lives.

JOIN US FOR MEETINGS!
3RD THURSDAY OF THE MONTH
3:30-4:45 PM

GOOGLE MEET:
[HTTPS://MEET.GOOGLE.COM/VRI-TRYC-GRI](https://meet.google.com/VRI-TRYC-GRI)
OR DIAL: (US) +1 563-562-6394
PIN: 643 782 884#

CONTACT US

GetFitGrantCounty@gmail.com
www.facebook.com/FFLAG.KY

PO BOX 518
Williamstown, KY 41097



MISSION STATEMENT

The Mission of FFLAG is to educate and bring awareness to Grant County residents about physical fitness and healthy lifestyles.



<https://www.fitnessforlifegc.com/>

PROGRAMS

HOMETOWN HEALTH CHALLENGE

The Hometown Health Challenge known as the Biggest Winner Challenge is held for four weeks in April. The goal of the challenge is to encourage physical activity and healthier lifestyles. The challenge offers opportunities to attend a local gym as well as health, wellness, and/or physical activity classes at one low price.

WORKSITE WELLNESS



Worksite wellness programs provide access, opportunity, support, and encouragement needed for employees to actively participate in improving their health. FFLAG has transitioned to the American Heart Association's (AHA) Workplace Health Index application. Worksites will receive both local recognition from FFLAG at the Grant County Chamber Breakfast and national recognition by AHA. The application can be accessed and edited year-round; worksites can receive technical assistance from both FFLAG and AHA. <https://www.heart.org/en/professional/workplace-health/workplace-health-achievement-index>.



FFLAG will promote programs to encourage healthy lifestyles for all people that live, work and play in Grant County.

EVENTS

Derby Dash 5K Run/Walk The Derby Dash 5K is an annual low-cost event held on the first Saturday of May in scenic downtown Williamstown. The event allows Grant County residents to become more physically active. Each year approximately 200 people participate.

Youth Dash 5K Run/Walk The Youth Dash is an annual non-timed event held just for youth ages 2-18. There is no cost to participate. It provides a chance for youth only to have some fun while getting some exercise.

Frosty Fun Run/Walk 5K The Frosty Fun Run is an annual non-timed event held in conjunction with the Grant County Christmas event. There is no cost to participate. It provides a chance to have some fun while getting some exercise.

BUILT ENVIRONMENT

FFLAG has collaborated with several partners to provide environments that promote physical activity and healthy eating.

Starting with Children Initiative- The initiative funded the new playgrounds at Mason-Corinth and Williamstown Elementary School and the new Splash Park on Waterworks Road; enhanced play spaces and walking routes at Piddle Park, enhancements to the Jonesville and Corinth Park; created "active work stations" within schools; constructed school gardens; and constructed sidewalks in Dry Ridge and Williamstown

JB Miller Park- Completed a one-mile walking loop trail

Grant County Heritage Trail- FFLAG is spearheading the development of a 48-mile multi-surface, multi-use pathway. It will connect the northern and southern borders of the county with existing infrastructure and future pathways.

POLICY

FFLAG has been instrumental in the development, support, and adoption of many policies in Grant County.

Tobacco-Free Policies:

- Williamstown School District, Grant County School District, and NKU Grant County Center have passed policies for a 24/7 tobacco-free campus.
- On September 18, 2018, the Williamstown city council passed a comprehensive smoke-free ordinance. This ordinance prohibits smoking in all public places, service lines, patios, and outdoor public events.

Complete Streets Policy:

- Complete Streets are roadways designed for all modes of transportation (walking, biking, automobiles).
- Corinth, Crittenden, Dry Ridge, and Williamstown city councils have all adopted Complete Streets Policies with FFLAG's assistance.
 - The Grant County Fiscal Court adopted a Complete Streets Policy Resolution, which was the first county-wide Complete Streets Policy in the state of Kentucky.

Edible Cities Policy:

In July 2017, the City of Williamstown adopted a Healthy Food Policy Resolution which illustrates the city's support of healthy food access, community-shared agriculture program, edible landscapes, and pop-up markets.



WAYS TO GET INVOLVED

- Join the coalition
- Volunteer to help with events and programs
- Promote FFLAG within the community
- Donate to support FFLAG initiatives; go to our website