

# Virginia Cooperative Extension

*A partnership of Virginia Tech and Virginia State University*



School of Agriculture  
Virginia State University

## **Virginia Cooperative Extension motivates Martinsville, Henry and Franklin County residents to exercise with a new, 8-week program**

Most Virginians want to stay fit and physically active but have difficulty finding the time, energy, and motivation to get moving. [FIT Extension](http://www.fitextension.ext.vt.edu) ([www.fitextension.ext.vt.edu](http://www.fitextension.ext.vt.edu)) – A 8-week physical activity program developed by Virginia Cooperative Extension – helps Virginians improve their exercise habits, diet, and overall quality of life in a fun and challenging way.

Residents who are interested in FIT Extension or have questions about the program should contact Shewana Hairston at [shhairst@vt.edu](mailto:shhairst@vt.edu) or 540-483-5161 or 276-634-4650 before the March 23<sup>rd</sup> registration deadline. The program begins on April 1st and lasts until May 27th. You may also register online at [www.fitextension.ext.vt.edu](http://www.fitextension.ext.vt.edu). The cost is only \$30.00 per team.

FIT Extension encourages all participants to engage in at least 30 minutes of moderate physical activity such as brisk walking, running, yoga, or biking on five or more days of the week. Any physical activity you participate in over 15 minutes is calculated as a mile.

Co-workers, friends, and family members join together in teams of up to 8. Each team has a captain who helps the group set goals for its personal achievement. “If each member of a five-person team does the recommended amount of physical activity, the team would walk the equivalent of 480 miles, the length of Virginia.

Anyone age 5 and up who is willing and able to participate in an 8-week physical activity program may sign up for FIT Extension. The program also includes a nutrition component that promotes increased fruit and vegetable consumption.

### **About Virginia Cooperative Extension**

[Virginia Cooperative Extension](http://www.ext.vt.edu) ([www.ext.vt.edu](http://www.ext.vt.edu)) brings the resources of Virginia’s land-grant universities, Virginia Tech and Virginia State University, to the people of the commonwealth. Through a system of on-campus specialists and locally based agents, it delivers education in the areas of agriculture and natural resources, family and consumer sciences, community viability, and 4-H youth development. With a network of faculty at two universities, 107 county and city offices, 13 agricultural research and Extension centers, and six 4-H educational centers, Virginia Cooperative Extension provides solutions to the problems facing Virginians today.

[www.ext.vt.edu](http://www.ext.vt.edu)

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer.