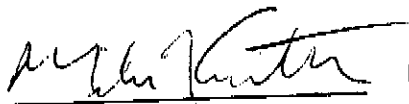



## Health, Fitness and Nutrition Policy

The Boys and Girls Club of Pleasants County recognizes the importance of promoting healthy lifestyles among the youth of our community. To that end, the Club will offer the Triple Play program to all of its members Mondays, Wednesdays and Fridays of each week the Club is open. The Triple Play program consists of curriculum based physical activities and challenges of at least 30 minutes duration, nutritional education, activities that are aimed at teaching healthy habits and lifestyles in a fun manner augmented by the provision of healthy snacks. In addition, daily free play time will include a variety of games and activities involving physical exercise. This policy will remain in effect for a minimum of three years.

To assist in the implementation of this policy, the Change the Future WV will provide a variety of games and athletic equipment to needed to operate the Triple Play program. Change the Future WV also provide a variety of healthy snacks and beverages, paper products needed to serve the food and incentive awards for the Triple Play challenges and celebration events.

By signing below, I agree to enforce the policy with all staff and work diligently to integrate the policy principle into the Club culture.

Mike Kersteter  Date 11-30-2011  
Executive Director

Change the Future WV Representative:  11-30-11