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WCHS Fitness Specialists and Community Partners Engage in SPARK Training

Winnebago, NE – This week the WCHS Fitness Specialists at Whirling Thunder Wellness Center, along with partners in the community gathered for a comprehensive training session focused on enhancing youth fitness programs. The training centered around SPARK, an evidence-based exercise curriculum widely recognized for its effectiveness in promoting physical activity and healthy lifestyles among children and adolescents in After-School Programs.

SPARK is a program designed to engage youth in fun and developmentally appropriate physical activities, ensuring they receive the necessary exercise for optimal health and well-being. By following SPARK's structured curriculum, Fitness Specialists and program leaders can create engaging and effective fitness sessions tailored to meet the unique needs of young participants.

"These trainings are crucial in ensuring that we maintain high-quality standards in our youth fitness programs," said Pilar Aldrich, Wellness Program Director. "Staying up to date with the latest research and best practices allows us to deliver impactful experiences that promote not only physical fitness but also overall wellness."

The collaborative effort among WCHS Fitness Specialists, community partners, and SPARK exemplifies a commitment to excellence in promoting youth fitness and well-being. Through ongoing training initiatives and strategic partnerships, the community aims to continue delivering high-quality programs that make a meaningful difference in the lives of children and adolescents.

"Our Whirling Thunder Wellness Program has continued to elevate their skills by utilizing curriculum and receiving training from entities like SPARK," Mona Zuffante, Chief Public Health Officer. "Selecting evidence-based programs allows us to implement programs that we are able to adapt to meet the needs of our community and ultimately can positively impact the lives of young individuals that will lead to lifelong habits of physical activity and health."

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The Winnebago Comprehensive Healthcare System (WCHS) is dedicated to creating and sustaining a healthy community in Winnebago and all the populations we serve. Our organization provides an integrated approach to medicine by offering care services that are compassionate, innovative, and culturally-centered. Our goal is to lead the nation in health for indigenous people by challenging the culture of healthcare for the 10,000 Native Americans who live on the Winnebago Reservation and in the surrounding region. The rural healthcare services we provide include renowned acute care hospital services, a robust primary care clinic, and impressive prevention programs designed to educate, encourage, and support the mental, environmental, social, and physical wellness needs of the Winnebago community. Visit www.wchs.health to learn more.

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