



PHYSICAL HEALTH PROGRAMS

The Physical Health workgroup encourages movement and exercise through accessible, community-based programs. Grounded in research and responsive to local needs, this team promotes lifelong physical activity by providing practical education, inclusive programming, and partnerships that reduce barriers to participation. By helping individuals and families build sustainable movement habits, the program supports overall health, chronic disease prevention, and stronger, more vibrant communities throughout Utah.

Marathon Kids: Statewide Virtual Program

Marathon Kids is a non-profit organization encouraging young people to move more throughout the day. Although the main audience of this program is youth, adults are encouraged to participate as well. Activities such as running, walking, or any type of heart pumping exercise count towards mileage which is tracked in a digital platform. Participants complete one marathon and then move to the next.

Serving: **Statewide**

419

total participants

17,008

total miles of activity completed

Outdoor Odyssey (formerly *Becoming an Outdoors Woman*)

53

total participants



believe that spending time outdoors can improve mental and physical health

“This program gave me the confidence to try new outdoor activities I had previously felt unsure about. The supportive environment made it easier to step out of my comfort zone, and I left the trip feeling empowered, more connected to nature, and inspired to continue exploring the outdoors.”

Serving: **Washington County**

Tai Chi

“I feel calmer and more aware of my body after Tai Chi each week.”

“I feel more confident in my ability to walk around without tripping”

Tai Chi is an evidence-based course for fall prevention and arthritis. This is a free community class led by instructors certified by the Tai Chi for Health Institute. Tai Chi is a popular exercise often called "meditation in motion." It is a series of movements performed in a slow, focused manner accompanied by deep breathing. Tai Chi is a low impact exercise suitable for all ages and fitness levels. Seated options are available.

Serving: **Statewide**

StrongBodies

The StrongBodies Strength Training Program is an evidence-based program designed to improve muscular strength, balance, flexibility, and endurance for adults aged 50 and older. This class is important not only for physical health but also for social well-being, as it provides a supportive, structured environment where seniors at high risk of isolation and loneliness can build friendships and engage in meaningful activities.

Serving: **Beaver, Davis, Weber & Utah Counties**

Participants reported following completion of the 12-week series,

- **47%** total increase in upper body strength
- **53%** total increase in lower body strength
- **437%** total increase overall for all exercises



Davis County Wellness Walks

After attending the wellness walks,



of participants felt physically better



of participants reported improved emotional well-being



participants felt more connected to nature



participants experienced a greater sense of gratitude

Serving: **Davis County**

Pickleball

Minersville School 4th-8th grade students were taught basic Pickleball rules and skills, practiced Pickleball drills, and competed in game play.



Student Pickleball players **gained lifetime sport knowledge and skills** that will allow them to continue enjoying and engaging in a fun physical activity.

Serving: **Beaver County**

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