

Werq Fitness during the Syracuse City School District Break

A family engagement activity!



The Creating Healthy Schools and Communities Program worked collaboratively with Syracuse Parks and Recreation to offer a physical activity program during the scheduled SCSD April break. The purpose was to offer an opportunity for students to engage in physical activity in a fun and new way! This intervention supports the SCSD Wellness Policy.

Werq is a fun dance fitness program that incorporates pop, rock, and hip hop music. We offered one hour classes Monday – Friday at various Syracuse Parks and Recreation locations; families were encouraged to attend. The training itself was led by a certified Werq instructor. The following is a breakdown of attendance.

- **Schiller Park: 21 in attendance** (16 children and 5 adults)
- **Wilson Park: 19 in attendance** (16 children and three adults)
- **Kirk Park: 25 in attendance** (22 children and three adults)
- **Magnarelli Community Center: 10 in attendance** (9 children and 1 adult)
- **Southwest Community Center: 25 in attendance** (24 children and 1 adult)

A total of 100 people participated in this event, and three people attended all 5 days!



"I loved the music and had so much fun. I hope you come back again."

Werq Participant

Next Steps! More Steps!

Due to the interest of this program, the Syracuse and Parks and Recreation will be offering this program as part of their summer and fall recreation program. We are also going to partner with Parks to offer additional family engagement activities that will encourage families to participate in daily physical activity!



After the Werq-out, children enjoyed a fruit smoothie and learned about the importance of eating or drinking fruits and vegetables daily.