

# Fit Kids of SWOK

"Creating an Active and Healthy Community!"



## Volunteers Needed!

Here are two opportunities the might FIT You!

### Opportunity 1—Bike Club

The Mountain Bike Club of Medicine Park has approached this coalition for help with building a biking trail in Lawton that will be **safe, fun and accessible to kids, families and other bike enthusiasts**. Initially, they want to offer a once a month Bike in the Park ride that will occur on the 2nd Saturday of each month. The inaugural ride is set for October 12 at 9:00am. The next steps for the project will be to design and build a skills course within Elmer Thomas Park utilizing the walking path that already exists (click [here](#) to view). Some of the skill building obstacles could include berms, ramps, bridges, grades and gravel. Each obstacle will be built with a 'bail-out' feature so kids can have the option to attempt the obstacle or avoid it by going around.

After the project receives approval from the City of Lawton, a work day will be set and a work team will be formed to spend the day building some of the features to the trail.

### Opportunity 2—STEAM Gardening Workshop Series

Coalition members are developing a series of fun-filled hands-on workshops for kids to enjoy while at the Lawton Farmers Winter Market at the Plant Science Complex at Cameron University. Workshop will be held on the 3rd Saturday of each month with the first one on November 16, 2019. Each workshop will include Science, Technology, Engineering, Art or Mathematics (STEAM) and will promote health and wellness through gardening, art, nutrition, physical activity and mindfulness. Some proposed themes include, Recycle/Repurposing, Kitchen Scrap Gardening, Art in the Farmers Market and National Audubon Bird Counts. A complete list of ideas can be requested here.

Volunteers are welcome to help with any and all parts of this projects: development, providing supplies, prepping and assisting during the event. If you are passionate about any of these themes or have additional ideas, please reach out!

If you or anyone you know are interested in helping with either of these volunteer opportunities, please contact Lori Lovett at [fitkidsofswok@gmail.com](mailto:fitkidsofswok@gmail.com)

### Next Monthly Meeting

October 25, 12pm-1pm

CCMH, Oakwood Conference Rooms 1&2

### October is National Breast Cancer Awareness Month:

Other than skin cancer, [breast cancer](#) is the most common cancer among American women.

**Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.**

#### What Are the Symptoms?

There are different [symptoms of breast cancer](#), and some people have no symptoms at all. Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

#### How Can I Lower My Risk?

Some main [factors that influence your risk for breast cancer](#) include:

- Being a woman.
- Being older (most breast cancers are found in women who are 50 years old or older).
- Having changes in your [BRCA1 or BRCA2 genes](#).

**Most women who get breast cancer have no known risk factors and no history of the disease in their families.** There are things you can do to can help [lower your breast cancer risk](#).

Although [breast cancer screening](#) cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about breast cancer screening.

#### Fast Facts About Breast Cancer

Each year in the United States, more than 245,000 women get breast cancer and more than 40,000 women die from the disease. [See detailed statistics.](#)

- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects [younger women](#). About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

The [Bring Your Brave campaign](#) provides information about breast cancer to women younger than age 45 by sharing real stories about young women whose lives have been affected by breast cancer.



Breast Cancer Awareness Factbook (2018). (n.d.). Retrieved October 4, 2019, from <https://www.nccf.org/cancerinfo/resources/factbook/factbook2018/index.html>

## Fit Kids of SWOK

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*You can connect with FitKids  
on the web!*



## Oct. 2019 Events

- |         |  |
|---------|--|
| Oct 5-6 | 14th Annual Spirit of Survival—ETP             |
| Oct 12  | Community Baby Shower—Sears Bldg, Central Mall |
| Oct 26  | Fall Festival—LETRA                            |

More anti-tobacco work is needed!

# TOBACCO STOPS WITH ME.

**Julie Bisbee, TSET executive director** | September 26, 2019  
[Vaping](#) is national health epidemic. In recent weeks there have been [multiple deaths](#) and a soaring number of lung illnesses in states across the nation linked to vaping – [including the first confirmed case in our state](#), which involves a minor. Oklahomans are right to be concerned.

We need to [protect our youth](#) and be informed. Here is information about vaping, how it's affecting Oklahoma's children, and resources you can use to talk to kids or your community about the dangers of e-cigarettes. One big news story recently is that, due to the alarming rate of deaths and medical cases tied to vaping, the CEO of popular e-cigarette maker JUUL [announced his resignation](#). But while this may seem like a “win,” he is being replaced by the former chief growth officer of tobacco giant Altria, stripping away any doubt that JUUL is Big Tobacco. Youth use has increased at an alarming rate. The [U.S. surgeon general

declared] this a national health epidemic. In fact, [1 in 6 Oklahoma teens uses e-cigarettes](#). It is the most common tobacco product among high school and middle school students. Kids have reported vaping as early as 12.



- Vaping is HIGHLY addictive. JUUL is the most popular e-cigarette. It comes with replaceable juice pods that, when heated, create an aerosol teens inhale. One pod has as much nicotine as 20 cigarettes,

setting kids up for a lifetime of addiction. Four out of five kids who have used tobacco say they [started with a flavored product](#). Flavors mask that “tobacco” taste. In addition, the juice is often sold in kid-friendly packaging.

Lastly, Tobacco Stops With Me has resources to help you and your family. We want to provide you [tips on talking about vaping](#) with your children. We have fact sheets and posters for schools. The key is to stay informed and talk with your kids, so they know the dangers of vaping

Learn more about the youth vaping epidemic or [download our fact sheets](#) about the dangers of vaping.

1.800.QUIT.NOW

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Shape Your Future

TOBACCO STOPS WITH ME.  
A Program of TSET