



SAN ANTONIO SPORTS  
**FITfamily**  
 CHALLENGE  
 PRESENTED BY BlueCross BlueShield of Texas

OVERVIEW

**89**  
Events  
**5,613**  
Weekly Event Participant Engagements  
**5,911**  
Big Event Participant Engagements

HEALTH SCREENINGS PROVIDED

| Organization                 | Total Screened |
|------------------------------|----------------|
| Baptist Mobile Unit          | 113            |
| SA Parks and Rec. Mobile Fit | 300            |
| Baptist/Power Team           | 262            |
| Lion Sight Vision Screening  | 54             |
| <b>Total</b>                 | <b>729</b>     |

PARTICIPANT DEMOGRAPHICS

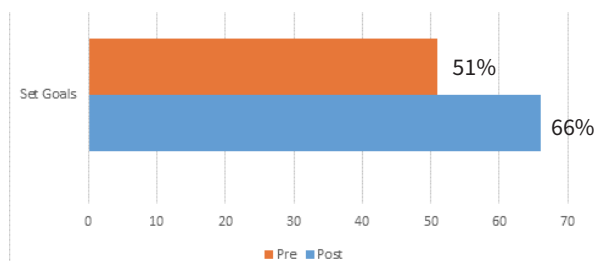
**47%** two-parent households  
**67%** of participating adults have children

PARTICIPANTS BY THE NUMBERS

**69%** had **not previously participated** in FFC  
**78%** stated their reason for participating in the program was **to stay healthy** through physical fitness

HEALTH FITNESS GOALS

**29%** increase in those who **set health/fitness goals**



program provided by

data analysis provided by



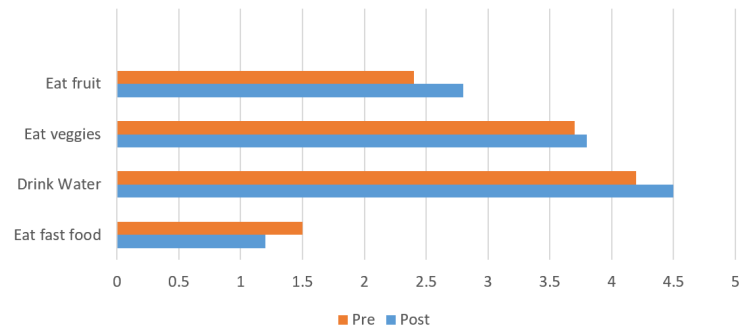
PHYSICAL ACTIVITY

**72% increase** in number of days participants are **physically active** during the week

NUTRITION

Participants' improvement in number of times/day

Eat Fruit **+17%**      Eat Vegetables **+3%**  
 Drink Water **+7%**      Eat Fast Food **-20%**



HEALTH NUMBERS

Improvement in participants' knowledge and understanding of their vital health numbers

Glucose **+18%**      BMI **+62%**  
 Blood Pressure **-2%**

