



A Wellness Initiative grant to Metro Technology Centers helped to expand the organization's MetroFit Wellness Community Outreach program in northeast Oklahoma City. Residents can participate in free exercise classes such as Zumba and also learn how to improve their nutrition.

*Photo by Brandon Snider*

## *Addressing Wellness in Northeast Oklahoma City*

For Phyllis A., taking part in the free fitness classes at Metro Technology Center is making a big difference in her life.

*"Joining the classes has been one of the best things that has happened to me," she explains. "I tried all of the new weight loss fads and gained even more weight. However, joining the MetroFit program not only helped me lose weight, my blood sugar is lower and I now have the energy I so needed... all because of the free classes I couldn't afford elsewhere."*

Phyllis is just one of several hundred adults who live in northeast Oklahoma City who are regularly taking part in the free Zumba, line dancing and tai chi classes. In addition to the exercise, instructors also share information about good nutrition. The classes are available and free of charge thanks to an Oklahoma City Community Foundation Wellness Initiative grant.

Launched in 2014, the Wellness Initiative is partnering with organizations like Metro Technology Center to promote the integration of physical activity, good nutrition and other healthy lifestyle choices into the daily routines of children and adults living in Oklahoma County. Learn more about the initiative at [occf.org/wellnessinitiative](http://occf.org/wellnessinitiative).

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*- Phyllis A.*