

**Project::** GET-FIT

**Applicant::** The Family Resource Network

**Address:** 429 River View Plaza  
Trenton, NJ 08611

**Partners:** Rowan University Health and Exercise Department

**Council Funds:** \$32,000.00

**Match Funds:** \$12,000.00

**Abstract:** Get FIT (Fitness, Integration, Training) is a 2 pronged approach by which people with developmental disabilities, as well as their caregivers, will have access to health screenings to promote early detection of health issues. Those that find they are at risk for secondary conditions, or that decide they have interest in learning more about the subject, will have access to additional workshops on health promotion. Caregivers, who often neglect their own wellness, will also have access to these screenings and these workshops.

Individualized assessments and fitness and nutrition plans will be made for 15 participants in the program. These plans will address the individual's specific risk and health factors while tailoring the intervention to meet their particular abilities. As a partnership between a non-profit serving individuals with disabilities and a University, it will serve as a model for other educational institutions in the state.