



# PILGRIM AREA COLLABORATIVE

## Extended Services

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*Connecting SCHOOL – HOME - COMMUNITY*

FOR IMMEDIATE RELEASE:

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The GAP (Gaining Adult Proficiencies) Program, a transitional, post-secondary program offered through the Pilgrim Area Collaborative Extended Services, is pleased to announce the beginning of a new weekly initiative as part of their Health & Wellness curriculum. Students will now have memberships at Fit Factory Kingston, which allows them full access of the gym, group exercise classes, consultations with a personal trainer, and more. Through this new initiative, students will learn to monitor their body measurements: body fat percentage, body mass indices, bone mass, and muscle mass. Students will track their fitness routine simultaneously with their body measurements, graphing progress and maintaining accurate logs. Students will combine this with staff instruction in and hands on application of proper meal planning and preparation, kitchen lessons, cooking lessons, and overall health and wellness classroom curriculum in an effort to analyze their overall nutritional balance and active lifestyle, thus promoting positive, healthy activities and choices. This new initiative is paid for in large part by a generous grant through the South Shore Community Partners in Prevention Community Health Network Area (CHNA 23). These experiences for GAP students would not be possible without the support provided by CHNA 23.

For more information about the GAP Program and the rest of its curriculum and involvement, please visit the programs page on the Pilgrim Area Collaborative website ([www.pilgrimac.org](http://www.pilgrimac.org)).

