

FY2022 Buncombe County Tipping Point Grant Report

Organization Name:	The ARC of Buncombe County
Project Name:	Bloom Fitness Grows at AB Tech

Activities Accomplished	Annual Goal	Amount Completed
Number of student athletes who attend class	50	29
Percent of athlete retention	80%	100%
Percent of athletes who indicate a positive impacted on their mental health	80%	94%
Percent of athletes who indicate a positive impact on their physical health and wellness	80%	82%

Expenses (please list all grant related expenses)	Amount Spent
Indoor cycle bikes	\$5,000

TOTAL: \$ 5,000

Overall project updates:	AB Tech is offers Bloom classes include cycle, yoga, dance, strength, and chair fitness, and indoor cycle 2-3 timers per week. There was a 100% retention rate in athletes with the acception of athletes who withdrew from the AB Tech program. Survey data showed that AB Tech staff, athletes, and their family members all saw postivie outcomes from participation in Bloom. The Bloom Fitness program at AB Tech is slated to continue for years to come. Additionally, we are expanding our partnership to include Mission Health - who want to support the collaboration through regularly scheduled volunteerism. We did not meet our predicted 50 athletes due to slower than usual enrollment related to COVID, however, AB Tech is confident the number will be acheived within the next 6-12 months.
Indicators of service quality: <i>(How well did we do it?)</i>	Todd Barbee, Transition Atudies Coordinator at AB Tech said, "Bloom Fitness has increased our enrollment, but more importantly helped us retain students because they enjoy the fitness activities and the social aspect that has come from the class." Rebecca Loli, Director of Transitional Studies at AB Tech also said, " We've been able to recruit more students because of Bloom Fitness. Everyone wants to participate in the workouts! Students feel happy and proud about their participation and achievements" In additionl to this feedback and to the data presented above, 96% of athletes said they felt healthier because of Bloom, 96% said they were more engaged in their own wellness, and 79% said they were less lonely.
Result/Outcome: <i>(Is anyone better off)</i>	Based on the above data, adults with intellectual and developmental disabilities are healthier (in terms of mental and physical helath) because of Bloom. They are also more engaged in their AB Tech program - thus making them more employable and more likely to engage in the outside community.