



**Healthy Kids & Teens** was founded in 2006 for the purpose of fighting childhood obesity. Camp Get Fit (CGF) by Healthy Kids & Teens is a recognized health training program for youth ages 2-19. Our mission is to educate, motivate, and assist America's youth in living healthier lives. Our focus has been in areas impacted by a disproportionate burden of illness especially those attributed to the social determinants of health. We address environmental factors (including lack of access to full-service grocery stores, increasing costs of healthy foods and the lower cost of unhealthy foods, and lack of access to safe places to play and exercise), which all contribute to the increase in obesity rates by inhibiting or preventing healthy eating and active living behaviors. The program is conducted during school hours or after-school at designated schools and can be over a 12-week period during the fall or spring semester.

**The program format includes:**

- a) Active participation
- b) Nutrition & Fitness behavioral analysis and concepts
- c) Interactive lecture and discussion
- d) Peer interaction
- e) Family support

At its core, the program seeks to enhance six key areas: Comprehensive Health Education; Health Services; Nutrition Services; Physical Education/Physical Activity, Healthy Afterschool Environment, Student, and Family and Community Involvement.

**Program Objectives**

- Incorporate nutritional strategies for children to nourish their bodies by identifying and utilizing the food pyramid; my plate; learn how to deal with peer pressure about non-popular foods; high calorie/healthier food choices
- Explore and have children participate in different forms of activity, i.e. circuit drills, kickboxing, dance, and aerobics.
- Develop strategies in a simplistic form toward successful incorporation of exercise and consumption of a least 5 fruits and vegetables daily.
- Explore and demonstrate the element of "fun" with a healthy lifestyle

- Normalize and de-stigmatize healthy behaviors by interacting with peers through the establishment of Get Fit Clubs. Children enrolled in the program will serve as health mentors for each other.
- Develop concepts healthy family strategies; educate children on how to be health champions for their families and community
- Manage negative feelings i.e. anxiety and/or depression with exercise strategies including western and eastern approaches such as yoga

**Program Plan**  
**Program Activities**

Motor Skill Development-- students will demonstrate forms and proficiency in movement forms	jump training, walking, jogging,	
Movement Concepts and Principles-- students will apply movement concepts and principles to the learning and development of motor skills	kickboxing, stepping, nutritional games, obstacle course, geo fitness	
Personal, Psychological and Social Behavior--children will demonstrate responsible personal and social behavior in regards to fitness and nutrition. They will also learn how to understand psychological behavior as it relates to obesity.	Yoga, stretching, breathing exercises, nutrition activities through peer interaction	

**Program Timeline**

<b><u>Fall/Spring</u></b>	Introduce program elements and design to select schools. Meet with school principle/administrator to detail program
August/November	Staff placement and recruitment of students
September/January	School Program Implementation/Program Kickoff  Classes conducted after-school at locations Pre/Post BMI and other assessments.
May/December	Program Outcomes