

2008

## health'n'motion

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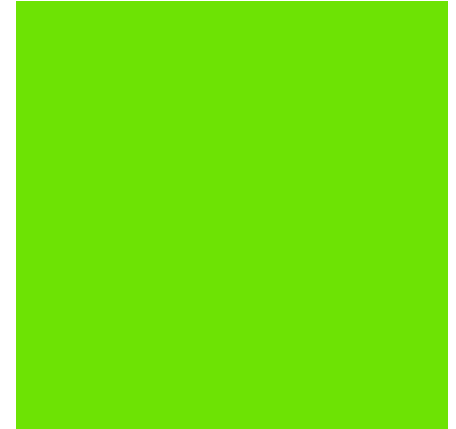


## What is health'n'motion?

Our goal is to better the lives of families through education on healthier eating and exercise habits

We are supported by community programs such as the SMU Big iDeas, YMCA-White Rock and Robert E. Lee Elementary

The strength of an interdisciplinary group



# + Demographics



- **Hispanic**
- **East Dallas, Robert E. Lee Elementary School**
- **Lower-middle class/Lower class**
- **High school education level**
- **Multiple children**
- **Live with or near extended family**



# + The Summer Experience

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# + Weekly Break Down



- **Week 1: Why we are here?**
- **Week 2: Food Pyramid**
- **Week 3: Learning Labels**
- **Week 4: Portion Distortion**
- **Week 5: Yum Yum! Recipes**
- **Week 6: Overcoming Barriers**



# The YMCA Weekly Family Night



- **Initial partnership**
- **How it grew**
- **Highlights**
- **Beyond expectation**







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Where are they now?

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# The Challenge

Health'n'motion

# + Challenges



- **Sustainability**
- **Recruitment**
- **Keeping project's focus**
- **Bilingual**
- **The Future of health'n'motion**
- **Healthnmotion.org**