

“Being in the SOSMentor Program has been a great experience. It has taught me how to be a healthier person, and I can also help my family members be healthier” -Adriana Alonso, Santee Student

## Community Need

The American Public Health Association has reported that in the last twenty-five years, the percentage of obese children has doubled, and the percentage of obese adults has tripled. Approximately 17.1% of the nation’s youth are now obese, and a disproportionate number of these young people are Latino, Native American, or African-American. California has the second highest number of obese children in the nation, with 27% overweight. Furthermore, the body mass index (BMI) and fat measurements taken as part of a 2003 statewide physical fitness test for students in grades 5, 7, and 9 revealed that 26% of these students were overweight and nearly 40% were unfit. Overweight children are at greater risk for type 2 (acquired) diabetes, high blood pressure, asthma, sleep apnea, premature adolescence, orthopedic problems, and depression. Obesity is closely linked to the alarming rise in type 2 diabetes among children. Prior to 1994, this form of diabetes was uncommon but now it is estimated that type 2 diabetes represents between 8 - 45% of new onset cases of diabetes in youth.



“I accomplished my goal of not drinking soda at all, and I feel much better! I learned that soda and ‘sometimes’ foods are not good for you.” - Adriana Marquez, Santee Student

“I love this program because it has opened my eyes to what I actually put inside my mouth.” -Violeta Calderon, Santee Student



“One new challenge for me was to do more physical activity, and so far I’m keeping on task.” -Nayeli Zacarias, Santee Student

### Special Thanks to Our Sponsors and Partners:

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## SOSMentor ShapeUp

Healthy Steps For Healthy Lives



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## Class Structure

### Weekly Lessons Incorporate:

- ◆ Creative sessions that integrate nutrition information and physical activity
- ◆ Activities that support team building among students, mentors, parents, and professionals
- ◆ Extension activities that link to science, math, and language arts

### Students Learn How To:

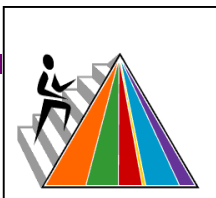
- ◆ Make smart choices from every food group
- ◆ Find the balance between food and physical activity
- ◆ Get the most nutrition out of their calories
- ◆ Mentor their own family members and elementary students with the information they have learned



Adult mentors and high school students



High school students become mentors for elementary students



## Program Description

The **SOSMentor ShapeUp Program** is a ten week fitness and nutrition education program. Throughout the first five weeks, adult mentors from the local community including business professionals, graduate students, Rotarians, retirees, and school staff participate in hour long, once a week, interactive workshops with student participants.

During the first five weeks, the students focus on learning nutrition and fitness-based content, in addition to building relationships with adult mentors. The sessions “train the trainer” and produce knowledgeable student mentors.

The second five weeks allow the students to use their knowledge and act as mentors to elementary school students, their friends, and their own family members.



Students hear and internalize information related to making better food choices and participating in daily physical activity to ensure good health and nutrition for themselves. They also use this information to encourage their own family members, friends, and elementary children to eat healthier and exercise more.

## Exercise Program



Important in the **SOSMentor ShapeUp Program** is having students and family members incorporate increased physical activity into their daily lives.

SOSMentor instructors distribute pedometers to all ShapeUp students. Students record daily steps in activity journals, with the goal of attaining at least 10,000 steps (five miles) per day.

In addition, the after school program provides opportunities for physical activity, including tennis lessons, fitness center training, aerobics, running, walking, stair-climbing, and dance classes in Folklorico and hip hop.



Visit our website at:  
[www.SOSMentor.org](http://www.SOSMentor.org)