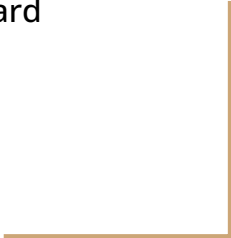




Family Gym

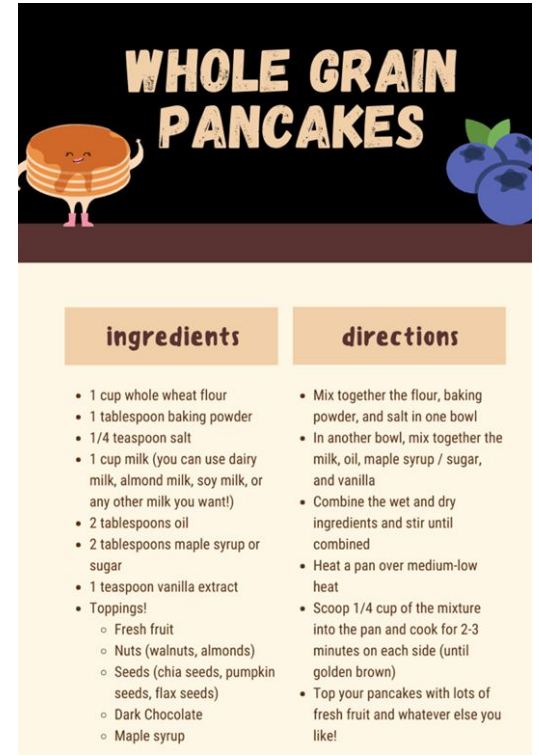
Final Presentation

Holly Chadwick, Jordan Marshall, Satwik Misra
Professor Lorna Hayward
HONR 3310
December 2, 2021



Introduction to Family Gym

- Encourages physical activity & healthy lifestyles for children aged 3-8
 - Targets underprivileged communities in/around Boston
- In-person programs suspended due to the pandemic, offer weekly Zoom sessions on Saturday mornings
 - Structured activities in a gym in normal environment
- Goal: reduce/prevent childhood obesity and promote healthy habits
 - Critical public health issue



*Example infographic provided by
Kevin Wong*

Our Role

Holly

- Behavioral Neuroscience major
- Global Health minor
- Passionate about alleviating health disparities
- Hope to become a pediatric PA & very interested in childhood development

Jordan

- Civil Engineering and Architectural Studies Major
- Food Run Leader for the Food Recovery Network at Northeastern
- Passionate about bridging inequalities and global/community well-being

Satwik

- Computer Science major
- Interested in health & fitness
- Seen impact of COVID on child PE
- Charity work with Ekal
- Curious about intersection between health and tech
 - Apps/wearables

Community Needs Assessment

- Targets disadvantaged communities around Boston that have *limited access to safe spaces to play or get structured physical activity*
- BPS system has high prevalence of childhood obesity (1)
 - Correlates with adult obesity and cardiovascular diagnoses
- Family Gym program: drop-in, free of charge, low commitment -- all incentivizes participation, no glaring disincentives

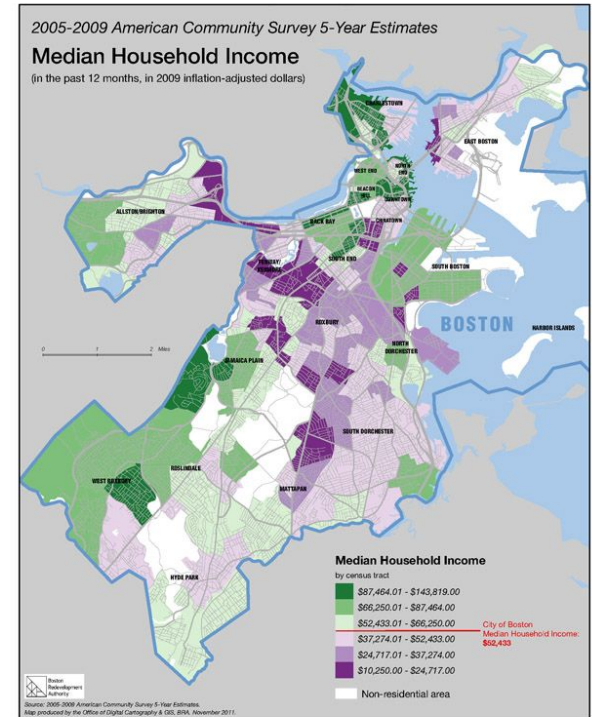


Image Source:

<http://www.bostonplans.org/getattachment/9c6bf812-d979-4367-8b0d-87b1e63e86ea/>

Community Assets & Constraints

Assets:

- Physical/green space
 - Not used to its capacity
- The young ages of the children targeted
 - Reversibility of intervention
 - Physical and cognitive development (2)
- Parental motivation
 - Caregivers required to participate

Constraints:

- Current lack of ability to meet in person
 - Lack of technology access may be a further constraint
- Public schools' lack of focus on physical activity and nutrition (3)
 - Hard to retain activity
- Diverse community makeups
 - Hard to target different racial/ethnic groups (4)

Action and Service

Challenge:

- Create education-based deliverables to encourage physical activity and nutrition for program participants and their parents

Two goals:

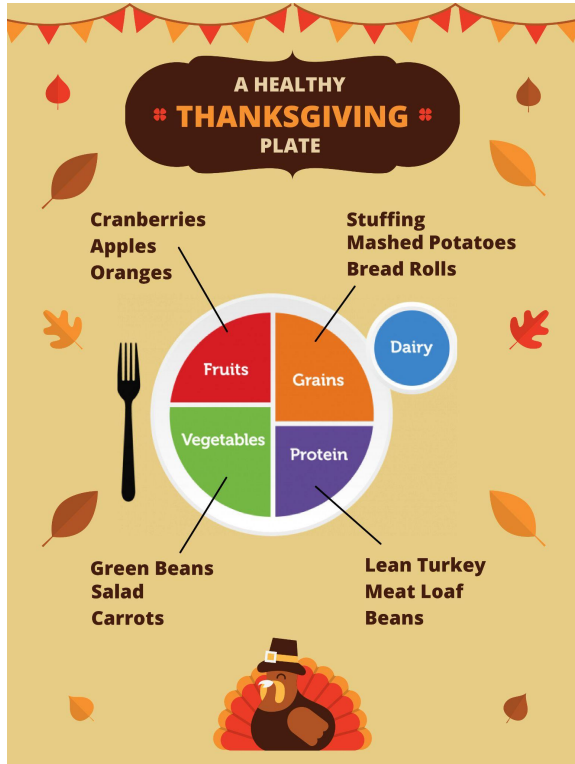
- Maximize the perceived benefits of the exercise/nutrition to achieve better attention to and retention of material (5)
- Highlight the accessibility of making even small changes that can have great impact

YOGA POSES



Grab a friend and try these poses!

Examples of Jordan's Deliverables



Examples of Satwik's Deliverables

MINI PEPPER PIZZAS

A quick and easy recipe!

INGREDIENTS:

4 BELL PEPPERS, HALVED AND CORED
1 TBSP. EXTRA-VIRGIN OLIVE OIL
KOSHER SALT
FRESHLY GROUND BLACK PEPPER
1/2 C. PIZZA SAUCE
2 C. SHREDDED MOZZARELLA
1/2 C. FINELY GRATED PARMESAN
1/3 C. CHOPPED PARSLEY

INSTRUCTIONS:

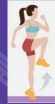
HEAT OVEN TO 350, CUT PEPPERS INTO HALVES, DRIZZLE OIL ONTO PAN

SPOON SAUCE, MOZZARELLA, PARMESAN INTO PEPPERS

BAKE FOR 10-15 MINUTES, GARNISH WITH SALT, PEPPER, PARSLEY

STAY ACTIVE AT HOME!

30 SECONDS OF HIGH KNEES



30 SECONDS OF WALL SITS

TRY TO TOUCH YOUR TOES!



30 SECONDS OF JUMPING JACKS



30 SECONDS OF MOUNTAIN CLIMBERS



REMEMBER TO EAT, DRINK WATER AND TAKE BREAKS OFTEN!



TIPS TO STAY HEALTHY EVERY DAY




- DRINK 8 CUPS OF WATER
- STRETCH EVERY HOUR
- TAKE A BREAK EVERY 20 MINUTES ON A SCREEN
- LIMIT SUGARY FOOD
- SPEND TIME OUTSIDE!


Examples of Holly's Deliverables

Build Your Own Smoothie!


Find the smoothie ingredients in the word search, and then circle which ingredients below you want to include in *your own* smoothie!




Strawberry




Milk




Nuts




Yogurt




Pineapple




Banana



Blueberry



Apple



Juice

H E Q I H E P I N E A P P L E Y Q S R E
 Q U S D H R T Q W V F P V U K I Y N E D
 A A V P S S J E X C N R L Y D B R D L W
 R Y G N D A X G V W A R F A Q U J T B Q
 J V B K Z U R S C L M F J U K A I R Q R
 R D K D I H A L Q L C W F T Y L Z T O X
 Z Y E A J A U F T S U L X A N M I L K T
 Z U Z L U Q T O Q Y I Y R W M P H F X A
 P F Y F I R E V K U K A H Y O B S W N P
 H I L K C Z U I E X T B H S A L I F B P
 R S L R E V U I L O J E B I O U F W J L
 G O Y U V I V O T T F I D N O E Q Q U E
 J R K B H B A N A N A K X M W B F L Y N
 C V H D Q U Z S G S T R A W B E R R Y I
 T X K Y Z T C F Z W S Y O G U R T U J U
 F X C K V H Q A I H J I Q L L R T T R X
 C J L R M V N R N H K S Y J M Y S W I L
 K C Z K C G N W P J F Y P J N U T S C D
 U D P H M J E H Z G K V M H X L H K L N
 Z H X J S D G C F U Y S E U G M S G D F

ANIMAL WALKS

A FUN WAY TO GET YOUR BODY MOVING

BEAR WALK




walk with your hands & feet touching the ground. keep your head down!

FROG JUMP




squat down to the ground like a frog, then jump way up high towards the sky!

CRAB CRAWL




push up on your hands and feet with your stomach facing the sky. try to crawl backwards!

BUNNY HOP



stand up tall with your feet touching. hop around like a bunny. Without separating your feet!

SNAKE SLITHER



Lay down with your stomach facing the ground. try to push yourself along the ground without getting up—like a snake!

Measuring Our Impact

- Discussion with supervisor regarding submitted materials
- Informal conversation with families regarding successful vs. less popular materials
- Direct monitoring of engagement levels over Zoom sessions (if applicable)
 - Can track attendance, if video is turned on/off, actual physical participation based on video footage

HEALTHY FALL RECIPE

MINI APPLE FRUIT PIZZAS

A FUN, EASY WAY TO USE APPLES AFTER GOING APPLE PICKING

8 SERVINGS

INGREDIENTS:

- 1 APPLE, SLICED CROSSWISE INTO 8 SLICES (1/4 INCH THICK), SEEDS REMOVED
- 8 TABLESPOONS ALMOND BUTTER
- 8 TABLESPOONS MINI CHOCOLATE CHIPS
- 4 TEASPOONS CHOPPED SALTED ROASTED PISTACHIOS
- 4 TEASPOONS HONEY

DIRECTIONS:

SPREAD EACH APPLE SLICE WITH 1 TABLESPOON ALMOND BUTTER. TOP WITH 1 TABLESPOON CHOCOLATE CHIPS, 1/2 TEASPOON PISTACHIOS AND 1/2 TEASPOON HONEY.



FOR NUTRITION FACTS, CHECK RECIPE SOURCE:
[HTTPS://WWW.EATINGWELL.COM/RECIPE/259256/APPLE-MINI-FRUIT-PIZZAS/](https://www.eatingwell.com/recipe/259256/apple-mini-fruit-pizzas/)

Infographic that could use editing

Suggestions for Sustaining

- Shift **some of** Family Gym's programming and funds into:
 - Improving access to technology for families (at the moment)
 - Providing healthy meals to families directly
 - Decide to continue virtual programming post-COVID to allow greater attendance by offering both formats simultaneously
- Expand program length
 - Create more follow-up on recipes and exercises
 - Suggest bringing in a recipe the week after receiving it, demonstrate an exercise the following week after learning it, etc.

Conclusion

- Family Gym has done a lot to address one of America's biggest health issues, childhood obesity, and does a great job promoting future healthy habits
 - Adapted well to a virtual environment during the pandemic
- Through our child-friendly deliverables, we have made an impact on a dynamic environment that has been drastically affected by COVID-19
 - Teaching + promoting healthy habits - preventative healthcare

Questions?

References

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