



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

Dear Friends,

Childhood obesity is a serious epidemic our society is currently faced with. It can put our youth on an accelerated path to heart disease, type 2 diabetes, high blood pressure, high cholesterol, and other health complications.

We invite you to attend the Healthy Behaviors Conference to support your efforts to put an end to this serious epidemic.

We look forward to seeing you in December to save lives, and change lives.

-Healthy Behaviors Conference Leadership Team

OPENING RECEPTION FEATURING OUTSIDE THE LENS

Wednesday, December 8, 2010
5:00pm-7:00pm



Hop aboard the Bahia Belle, a "Turn-of-the-Century" Mississippi-style sternwheeler for our welcome reception highlighting a display of beautiful photography created by youth participating in the Photovoice Project, Picture of Health that calls youth to action as they document and identify opportunities and barriers to healthy food and play within their community. This project is a collaboration of the Network for a Healthy California - Children's Power Play! Campaign and Outside the Lens.

Outside the Lens is a local non-profit that engages, educates, and empowers youth on issues affecting the world today through photography and multimedia projects. The Network for a Healthy California - Children's Power Play! Campaign is a public health initiative led by the California Department of Public Health and administered by the Public Health Institute. Its purpose is to motivate and empower California's 9- to 11-year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day. This project aims to empower youth to identify issues and advocate for change within their community. Through our model and methodology, participants will explore and photograph their community. The programs integrate literacy, technology, youth leadership, healthy living, community empowerment, and civic engagement. Come see what the students created.



For more information on Outside the Lens, please visit their website www.outsidethelens.org or on the Network for a Healthy California - San Diego and Imperial Region, please visit their website www.sdnonline.org.



SUBMIT A WORKSHOP PROPOSAL

The Healthy Behaviors Conference includes the most notable professionals in the out-of-school time and after school field, the latest research and trends, and cutting edge topics and information to assist the field in increasing the quality of programming offered.

For more information on submitting a proposal, click [here](#).

CLICK [HERE](#) TO SUBMIT A WORKSHOP PROPOSAL.

MEET THE HEALTHY BEHAVIORS LEADERSHIP TEAM

The Leadership team is guided by a National Advisory Board and provides big ideas, new connections, practical strategies, and adds credibility to the planning process.

REGISTER TO ATTEND

Register today to help our youth to a healthier tomorrow!

Standard Registration- \$315 per person

For more detailed information on registration, please click [here](#).

CLICK HERE TO
REGISTER

EARN COLLEGE CREDITS AT THE HEALTHY BEHAVIORS CONFERENCE

Click [here](#) to meet the team.

EXHIBIT AT THE HEALTHY BEHAVIORS CONFERENCE

Exhibiting at the Healthy Behaviors Conference is a great opportunity to share with professionals the products and services available to support their work in ending the cycle of childhood obesity.

Please click [here](#) for more information on exhibiting at the Healthy Behaviors Conference.

SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

President Obama has declared this month National Childhood Obesity Awareness month. What are you doing this month to promote physical activity and healthy habits with youth?

Click [here](#) to read the proclamation.

Earning college credits at the Healthy Behaviors Conference is easy.

1. Attend 4 Healthy Behaviors Conference Workshops
2. Complete independent follow up work.
3. Earn 9 units through University of California, Irvine (UCI) Extension

Click [here](#) for more information.

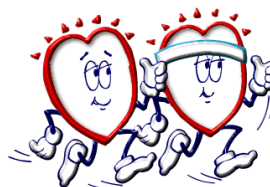
FAST FACTS

The American Heart Association recommends adults eat less than 1,500 mg of sodium per day.

Obese children have the arteries of a 45-year old person. (American Heart Association)

Obesity is now regarded as more damaging to the body than smoking or excessive drinking. (American Heart Association)

Overweight kids have a 70-80 percent chance of staying overweight their entire lives. (American Heart Association)



KID FRIENDLY HEALTHY RECIPES

Smoothies are a great way to get kids their daily recommended amount of fruit and

vegetables.

Banana Carrot Smoothie

Ingredients

- 1 banana (ripe is best-frozen if desired)
- 1 cup apple juice (or apple slices and water)
- 1-2 cups baby carrots (or chopped carrots)
- 1 cup plain non-fat yogurt

Directions

1. Place all ingredients in blender and blend until smooth.
2. Enjoy!

Green Slime Smoothie

Ingredients

- 1 banana, cut in chunks
- 1/2 apple, cored and chopped or sliced
- 1 cup white grapes
- 1 cup fat-free vanilla yogurt
- 1-2 cups fresh spinach leaves

Directions

1. Place all ingredients in blender and blend until smooth.
2. Enjoy!



Recipes provided by Healthy Recipes for Kids. For more smoothie recipes, click [here](#).

We look forward to seeing you December 8-10, 2010 in San Diego, California. Stay updated by visiting our website, www.healthybehaviorsconference.org.



County of San Diego, Parks & Recreation
 County of San Diego, Public Health Services
 My Fight with Fat

Network for a Healthy California- San Diego and Imperial Region
Orange Unified School District
Positive Adventures
Sweetwater School District

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