



Help Children BE GREAT!

Every child has the potential to BE GREAT. Boys & Girls Clubs of America helps Clubs create places full of hope and opportunity so that young people can reach their full potential. Learn how to help kids BE GREAT at www.BeGreatAmerica.org.

Boys & Girls Clubs annually serve some 4.5 million young people, through membership and community outreach, in more than 4,300 Club facilities.

A Healthy Investment

According to the Centers for Disease Control, obesity costs the nation as much as **\$147 billion** a year in direct health care costs and lost productivity. Boys & Girls Clubs are leading efforts to prevent obesity among young people. According to a Harris Interactive survey of Boys & Girls Club alumni:

- **80 percent** said the Club positively impacted their health and fitness
- **69 percent** said their emotional life was positively impacted at their Club

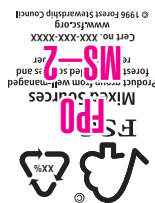
Your contribution to Boys & Girls Clubs of America helps assure that Boys & Girls Clubs across the country continue to teach youth how to be healthy and reach their full potential. Invest in America's future. Support Boys & Girls Clubs of America today!



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BE HEALTHY

BOYS & GIRLS CLUBS HELP KIDS GET FIT

"the **POSITIVE** place"



Tackling a Weighty Issue

The facts are alarming. Over the last 50 years, the childhood obesity rate has *quadrupled*. Today, some 16 percent of children are obese. In fact, one-third of schoolchildren in America are either overweight or obese.

Statistics also show that these children will most likely have to battle weight issues for the rest of their lives. Many of them already contend with serious diseases, such as type 2 diabetes, which used to primarily appear in adults, but is increasingly found in children. Moreover, 70 percent of obese adolescents become obese adults who run the risk of developing dangerous health conditions, such as heart disease and stroke.

Boys & Girls Clubs help young people combat obesity and make good lifestyle choices. Clubs put youth on the path to healthy and productive lives through programs such as Triple Play, which teaches them about nutrition and physical fitness. Triple Play, made possible by The Coca-Cola Company, has been especially successful in motivating young people to be more physically active.

Being healthy – eating well, getting regular exercise and making good lifestyle choices – helps lay the foundation for success. Studies prove that a healthy lifestyle makes young minds more alert, and helps boost confidence and self-esteem.

The health of an entire generation is at stake. Thanks to supporters like you, Boys & Girls Clubs can help our children lead long, healthy and productive lives. +



As part of a national campaign to generate awareness about youth health issues, Mario Lopez, host of television's *Extra* entertainment news show, is serving as Boys & Girls Clubs of America's first National Alumni Ambassador of Fitness. Lopez attended the Boys & Girls Club of Chula Vista, Calif., as a child.

(Role) Modeling Matters

By Stacey Walker

Growing up in an urban neighborhood, sports broke the monotony. Knowing this, staff at the Boys & Girls Club of Cedar Rapids in Iowa utilized our love of sports to encourage Club members to be active so that we would develop healthy lifestyles.

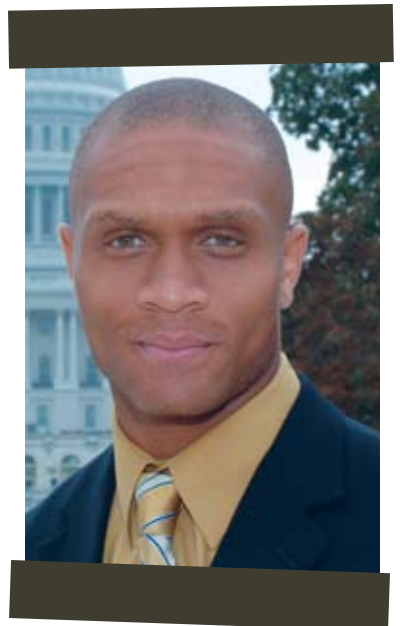
My mentor, Lori Ampey, was the fiercest competitor I have ever seen. She would actually challenge Club members to various competitive endeavors. From dishing out lightning fast table tennis serves to draining three-point shots on the basketball court, Lori was demanding, always encouraging us to challenge ourselves to be better.

I learned to be a competitor and to be satisfied only with my best effort. I learned I could accomplish anything if I persisted. I also learned the importance of service through participating in a sports leadership club. The seeds of living a healthy lifestyle were planted.

These lessons served me well. I eventually excelled in almost any sport I tried, lettering in every sport I played in high school. Eventually, I earned an athletic scholarship to play football.

Now, it's easier to live a healthy lifestyle, complete with exercise and smart eating. I credit my mentor who wouldn't settle for any excuses. I owe this to where it all started, my local Boys & Girls Club. +

Stacey Walker is Boys & Girls Clubs of America's 2006-07 National Youth of the Year. A senior majoring in political science at the University of Iowa, he plans to attend graduate school to study Public Policy.



Stepping Out

Deyatric never used to do any form of exercise. The 13-year-old member of the Boys & Girls Clubs of Central Mississippi also battled a host of health problems, including asthma, high blood pressure and Prader-Willi Syndrome, a rare genetic disorder that causes poor muscle tone and a constant feeling of hunger. At 4 feet tall, he weighed 375 pounds.

When Deyatric first joined the Club, he resisted participating in the fitness program. As he watched other children take part in exercise routines, he decided to follow their example. In two weeks, he could walk around the room without stopping. By the third week, he was walking across the street and back in 30 minutes.

He now participates in all of the Club's fitness programs at his own pace, and walks every day. Other kids notice his efforts, and applaud him for a job well done.

"Now he loves the fitness program, and is a totally different child," says Dorothy Blackman, unit director at the Boys & Girls Clubs of Central Mississippi. "He and his family are so excited. This is quite an accomplishment for him." +

Triple Play Paves the Road to Healthy Lifestyles

In Boys & Girls Clubs across the country, a program called Triple Play is enabling young people to take better care of themselves. Sponsored by The Coca-Cola Company, Triple Play: A Game Plan for the Mind, Body and Soul takes a holistic approach to teaching youth how to eat right, stay fit and engage in positive relationships.

An independent study by Youth Development Strategies, Inc. found that Triple Play is having a positive impact on young people. Check out these results:

- Triple Play participants significantly increased their daily amount of physical activity compared to their peers outside the program.
- Program participants showed an increase in overall nutrition knowledge, such as portion size, and added more fruits and vegetables to their daily diet.
- Girls were reported to be the biggest winners, as they became significantly more active, adding as many as two hours of physical activity to their weekly routine. +