



DAVIS COUNTY HEALTH DEPARTMENT

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***BodyWorks* Program Helps Families Create Healthier Lifestyles For Youth**

(Clearfield, Utah) – Davis County Health Department’s *BodyWorks* program focuses on helping girls and boys ages 9 to 17 and their families create healthier lifestyles. The *BodyWorks* classes begin Wednesday, Oct. 26, 3:30-5 p.m., and run for ten weeks at the department’s main offices (22 South State Street, 2nd floor classroom, in Clearfield).

The program called “*BodyWorks* – A toolkit for healthy teens and strong families” was developed by the U.S. Department of Health and Human Services’ Office on Women’s Health (OWH).

Bonnie Athas, registered dietitian with the Davis County Health Department, said, “*BodyWorks* is designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.”

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According to Sally Kershisnik, director of the Davis County Health Department's Family Health & Senior Services Division, the research by OWH indicated that a majority of the youth want their parents be stronger role models for fitness. "They wanted their parents to set boundaries for unhealthy eating habits and sedentary activities, and to engage the entire family in increasing physical activity," Kershisnik said.

OWH found that many students skip breakfast, have non-nutritious lunches and don't eat dinner with their families, Athas said. "This younger generation spends about three hours a day watching television, playing video games, using the computer, and texting without parental limitations."

Parents who enroll in the *BodyWorks* program will receive a *BodyWorks* toolkit and will attend regular group meetings to help maintain behavior change. The toolkit serves as a guide to creating an overall healthy lifestyle. It includes a video on healthy shopping and cooking strategies, a recipe book, food and fitness journals, a weekly meal planner refrigerator magnet and more. The cost is \$60 with \$5 returned each time the participant attends a session. Scholarships are available, too.

Fifteen youth along with their parent(s) are the maximum number of participants that can be enrolled. Grandparents raising their grandchildren in this age group of 9-17 are welcome to enroll, too. For more information on the *BodyWorks* classes, contact Teresa Macias at (801) 525-5066.