

StronGuys - Addressing Pediatric Obesity by Providing Strength Training and Healthy Lifestyle Education

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PROJECT DESCRIPTION and GOALS

Alston and Joseph addressed pediatric obesity by leading a mentored strength training and wellness program for obese or overweight teenage boys. The Fellows partnered with Brenner Fit to hold the sessions for boys twice a week for six week sessions and for youth at Valley Academy Middle School.

Goals:

- Establish a positive, safe mentoring relationship in which participants feel comfortable discussing health-related issues
- Demonstrate the importance of exercise, nutrition, and decreasing “screen time” to enhancing overall health
- Teach the importance of setting health goals
- Create a positive exercise experience for participants
- Teach proper exercise technique and exercise regimens that can be done anywhere with little equipment
- Provide a program that improves the self-esteem of participants to increase the likelihood of success with achieving future healthy lifestyle goals



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RESULTS

- 111 middle school youth participated in the program.
- Participants achieved an average decrease of 1.3 hours of screen time per day.
- Participants met nutritional goals and physical activity goals an average of 3.9 weeks and 3.8 weeks per 6 week session, respectively.

At the end of the program, participants designed their own workout and led the class through their exercise routine.



SUSTAINABILITY

A local chapter of a Wake Forest University fraternity will be leading the StronGuys program in the coming year. Several volunteers from the fraternity have been trained through Brenner FIT on leading the sessions with the boys. The Fellows will provide an operations manual to be used by the fraternity for the fall session and to serve as a community resource for organizations interested in providing strength training and healthy lifestyle education for obese or overweight youth in their area.

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