

HEALTHY LIFESTYLES



Our Healthy Lifestyles strategy develops young people's capacity **TO LIVE HEALTHFULLY** by educating youth about **fitness, nutrition, and smart decisions.**

Activities focus on instilling positive conflict resolution techniques, engaging in positive behaviors, setting personal goals, and building resistance skills that nurture and strengthen youth at all ages of development.

We support the development of **healthy bodies** through nutrition, physical exercise and movement, making healthy choices, and connecting to nature.

We support the development of **healthy minds** through social and emotional learning (SEL), trauma-informed practices, resiliency interventions, and behavior interventions.



PROGRAM GOAL

Our goal is to create a Culture of Wellness through a holistic approach to developing healthy bodies AND healthy minds in the young people we serve.

850

youth served, 5 days per week

155,000

nutritious meals and snacks served last year, supplementing the basic needs of 4,000 families

60%

of Club members ages 9 and older reported getting at least one hour of physical activity five or more days per week



Healthy Lifestyles is a Boys & Girls Clubs of the Twin Cities priority outcome area

DEVELOPING HEALTHY BODIES AND HEALTHY MINDS



Kids Feeding Kids ensures that youth have access to healthy meals and snacks during out-of-school time and are armed with the knowledge they need to make sound nutrition decisions for the rest of their lives. Program activities include a garden project, nutrition education and cooking instruction. Youth learn important life skills through preparing and serving meals, and cleaning up after meals.

Passport to Manhood and Skills Mastery and Resistance Training (SMART) Girls are nationally acclaimed prevention programs designed to help youth hone decision-making and critical-thinking skills and learn how to avoid and/or resist alcohol, tobacco, other drugs, and premature sexual activity.

Triple Play, a Boys & Girls Clubs of America comprehensive health and wellness initiative, strives to improve the overall health of Club members by increasing daily physical activity, teaching good nutrition, and helping them develop healthy relationships.

Voyageur Environmental Center is a residential summer camp and year-round environmental education center that instills in inner-city Club youth an appreciation for nature, teaches them wilderness survival skills, and gives them a chance to experience how to be both leaders and valuable members of a group.

Together Raising Awareness for Indian Life (T.R.A.I.L.) promotes resiliency and increases understanding of healthy lifestyles in order to prevent Type 2 Diabetes in Native youth. Programs draw from tribal traditions and history to teach about nutrition, food choices, media influences, and the impact of diabetes.

Sports and Recreation team opportunities for Club youth include basketball, baseball, volleyball, soccer, and flag football. Team members learn important life skills, including leadership, accountability, and sportsmanship.

Across all programs, we support positive youth development of resiliency, emotional self-mastery, and empathy through **Social and Emotional Learning** (the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions) **Trauma Informed Care** (an approach that understands, recognizes, and responds to the effects of trauma, integrating positive strategies for healing) **Resiliency Interventions for Healing** (mindfulness activities such as yoga and circle time) and **Behavioral Interventions** (through positive reinforcement, youth learn to ask for help and center themselves).