

## OUR GOAL

Project **Healthy Body-Healthy Mind** is a weeklong program for middle school students which focuses on developing a well-rounded individual by balancing the role of health education, fitness, nutrition and positive mental attitude.

Students receive instruction in mathematics as it relates to health; physical education as it relates to a healthy lifestyle; self motivation and character development. The goal of this project is to stimulate an awareness and exploration of self through engaging and motivational activities which inform and challenge the body and mind.

**Healthy Body-Healthy Mind** is where students develop confidence and a positive mindset for success in life.



## SPONSORS

Helping students grow to their full potential:

- ALPHA Center, UC Riverside
- Student Recreation Center, UC Riverside
- Dr. Thomas Haider, Children's Spine Foundation

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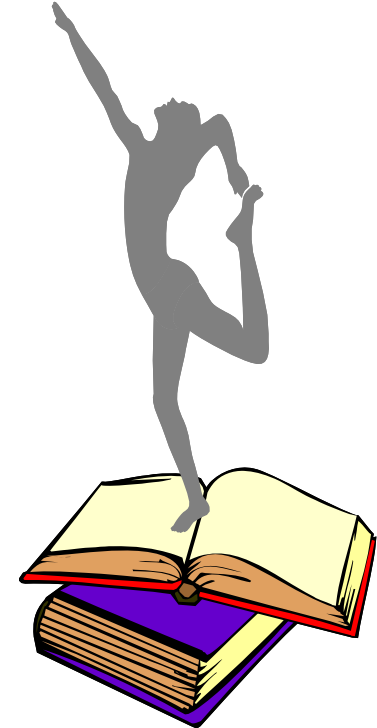


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Additional information about  
Healthy Body- Healthy Mind  
is available on the  
ALPHA Center website at  
[www.alphacenter.ucr.edu](http://www.alphacenter.ucr.edu)

# Healthy Body Healthy Mind

## A Program in Health Education and Fitness



### ALPHA Center

Academy of Learning through Partnerships  
for Higher Achievement  
University of California, Riverside

# Healthy Body-Healthy Mind: A Program in Health Education and Fitness

## Healthy Body-Healthy Mind Offers:

Knowledge about:

- Important health issues
- Science and mathematics
- Fitness/nutrition/physical education

Special gifts, including:

- Certificates of recognition
- Books
- Posters
- Healthy snacks
- Athletic bags
- Water bottles



## Participants

- Students must be going into 6th, 7th, and 8th grade.
- Students must fill out an application packet which includes teacher recommendation and parent permission.
- Students must have a positive spirit and a willingness to engage in activities in **ALL** 5 days of the program.
- Parents/Guardians must arrange for timely transportation to and from the Student Recreation Center.
- Students/Parents must participate at the awards ceremony.



## Facility

Healthy Body-Healthy Mind is held at the Student Recreation Center at UC Riverside.

UC Riverside's premier Student Recreation Center is complete with racquetball, basketball, volleyball and tennis courts along with a 6,000 sq. ft. state of the art weight room.

