



# I Do It, You Can Do It

California State University Chico/ 530-898-6324

## Special Interest Articles:

- Summer Programs
- Nutrition Tips
- Exercise & Fitness

## Summer Programs

This has been one of the busiest summers for Chico State's Adapted Physical Activity Program.

The I Can Do It, You Can Do It Teen Group, which started this past spring, continued into its summer session—exploring a few team and individual sports, but mostly working out in the gym and track. Every teen has not only met weight loss goals, but each has sampled new foods and cooked healthy versions of their favorite meals!

The Autism Clinic continues to expand and has had a busy summer seeing the regular schedule of kids without the benefit of volunteers...thank goodness for the I Can Do It interns!

The Tuesday/Thursday Bewel group joined the I Can Do It Program this summer. They began the first half of



Teens learn about nutrition at ICDI Teen Group.

their 8-week program in the gym and weight room exploring the weights and fitness equipment (a first for most of the participants). The following 4-weeks has been spent with their pedometers out in the community. We are all looking forward to hearing about their experiences and will share them in the next newsletter!

Read further in the newsletter to find out about fall programs and important dates!

## Mythbusters...monosaturated fat

**Myth:** All fats are the same.

**Busted:** Most consider monosaturated fatty acid the healthiest type of fat. Research shows that a diet rich in this type of fat can lower your risk for heart disease.

**Myth:** All fats are bad for you.

**Busted:** Enjoy foods like notes , olives, avocados and peanut butter because a high-mono, heart healthy diet may achieve better results that a low-fat diet.

**Myth:** Fats raise cholesterol levels.

**Busted:** Monounsaturated fatty acids lower bad cholesterol, lower triglycerides and maintain good cholesterol.

**SO...**

Try some olives

Spread on the peanut butter

Snack on almonds

&

Eat more avocados



**California State University Chico**

Department of Kinesiology  
Adapted Physical Activity Programs  
Chico, CA 95929-0330

**Phone:**  
530-898-6324

**Fax:**  
530-898-4932

**E-Mail:**  
ajcline@csuchico.edu

*I Can Do It, You  
Can Do It  
Chico*

# Health Session—Eat Your Tomatoes

## Tomato facts:

- The tomato is the world’s most popular fruit with more than 60 million tons produced worldwide.
- There are more than 4,000 varieties of tomatoes.
- Botanically the tomato is a fruit, but in 1893 the U.S. Supreme Court declared it a vegetable for taxation purposes.

## Helping Your Child Eat Healthy

- Add tomato slices to sandwiches.
- Buy low-sodium canned tomatoes, tomato paste and tomato sauce when available.
- Use raw tomatoes to make salsas or as a base for soups and sauces.

## Fall Programs Schedule

Another semester of programs will begin Mid-August. Individuals looking to participate in any of the programs listed may contact Josie Cline, MA @ 898-6324 for program information.

Listed are the start dates for all of the Adapted Physical Activity Programs at CSU, Chico.

Autism and Sensory Motor Clinic, August 10<sup>th</sup>  
 BEWEL (T/TH), Sept 1<sup>st</sup>  
 BEWEL (MWF), Sept 9<sup>th</sup>  
 KIDSPRAY, Sept 12<sup>th</sup>  
 ICDIYCDI Teen Group, Sept 22<sup>nd</sup>

## *Fall Semester Dates to Remember*

Programs will not run on the following dates:

- September 7<sup>th</sup>—Labor Day
- November 11<sup>th</sup>—Veteran’s Day
- November 23-27<sup>th</sup>—Thanksgiving

Break

Last day of all programs for the Fall Semester: December 18th

## Intern Corner

Karli Jayne



1. The most influential person in your life and why?  
My grandma because she has always been there for me and supported me no matter what. She and my grandpa live their lives in such a way that I can only hope to emulate in mine.
2. Your favorite cartoon character.  
Peter Pan
3. Your most embarrassing moment.  
When I was 15 years old I started sobbing hysterically in front of my family because my best friend, David, was chasing me around the house pretending to be a gorilla and wouldn't stop. He was a very convincing gorilla.
4. Your favorite thing about being part of our adapted programs.  
Working with such amazing people (kids, families, and staff) and being allowed to share some of my passions with them. The kids and families in our programs inspire me every day to experience compassion in all situations and to never stop learning.
5. The animal you wished you had as a pet but probably never can have.  
A white tiger.
6. If you could have one type of food be calorie free and you could eat it all you want what would that food be?  
A #1 from In 'N Out