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2ND YEAR OF FUNDING APPROVED

We are entering our 2nd year of funding to participate in the “I Can Do It, You Can Do It” program. Based out of Slippery Rock University in Pennsylvania, the program is a national eight-week-mentoring program that was launched by the Department of Health and Human Services.

I Can Do It involves a mentor working individually with a participant to create weekly fitness and nutrition goals.

Our project interns offer support to the parents and families of the participants, providing in home activity and nutrition planning as needed.

The grant has allowed the program to hire five interns to oversee our current volunteer pool, helping to track activity levels outside our programs and provide additional support to our programs.

ON THE MENU ~

CHICO'S SUMMER BOUNTY

BY ALEX

Eat Seasonally!



With the summer months comes an amazing variety of fruits. Try adding one or more of these to your lunch for a quick and healthy snack.

Watermelon

- Being 92% water, this treat will help you stay hydrated when the heat creeps up on you.
- Watermelon has not fat and no cholesterol, but has a high content of Vitamin A, Vitamin C, and fiber.



TEEN PROGRAM SESSIONS

The Teen I Can Do It, You Can Do It program is designed to help teens with Autism and Asperger's build their nutrition and physical activity knowledge while learning social etiquette and above all - having fun!

Spring: Nutrition and Physical Fitness

Summer: Team and Individual Sports

Fall: Integration into the community

Berries

- Try a variety of colors (blueberries, blackberries, strawberries) to get a mix of nutrients.
- Wash berries right before you eat them. Damp conditions will make them mold quicker.

Cherries

- Cherries contain melatonin which helps the body regulate its natural sleeping pattern
- Cherries are rich in antioxidants, which can help protect you from cancer and heart disease.



**CALIFORNIA
STATE
UNIVERSITY,
CHICO**

Kinesiology Department
APA Programs
Chico, CA 95929-0330

Phone:
530-898-6324

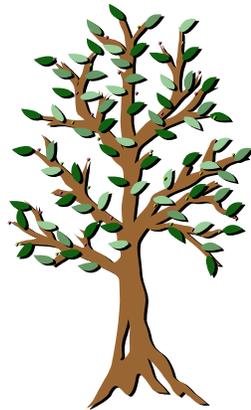
Fax:
530-898-4932

Email:
Josie Cline
ajcline@csuchico.edu

Rebecca Lytle
rlytle@csuchico.edu

WELCOME OUR SUMMER INTERNS

JOEY STEIN (ADAPTED PHYSICAL EDUCATION)



1. Who is the most influential person in your life, and why?

Easy. God. He's given me the ability to accomplish things I never would have without him.

2. Who is your favorite cartoon character?

Donatello from the Teenage Mutant Ninja Turtles.

3. Tell us your most embarrassing moment.

Being pushed into the lake with all my clothes on in front of a group of strangers.

4. What do you like most about being part of the I Can Do It program?

I get to meet a lot of people who motivate me to continue to pursue my passion of teaching and coaching.

5. What animal do you wish you could have as a pet?

I wish I could have a saltwater crocodile.

6. If you could choose one food to be calorie free so you could eat all you want, what would it be?

I would choose cinnamon rolls from Pillsbury.

ALEXANDRA WAITE (NUTRITION)



1. What is your favorite game?

It's hard to pick just one! I truly enjoy most games for the challenge.

2. Why did you want to be an intern with us?

I am absolutely passionate about nutrition and physical fitness. I take advantage of every chance I get to help people learn more about it.

3. What is your favorite vacation memory as a child?

My favorite vacation childhood memories come from the time I spent in San Francisco with my family during summer and winter breaks. I would eat my favorite foods, enjoy the city atmosphere, and get to spend time with my favorite people.

4. What is your favorite thing about living in Chico?

I have met so many amazing people in Chico and I am lucky to have them in my life! I have built lifelong friendships that are absolutely priceless.

5. What would you do if you won a million dollars?

I would keep going to school as long as possible, while traveling during my time off! Since nutrition is a way of life for me, I would continue to learn and I would still want to have an impact on the community.

6. If you could choose one food to be calorie free so you could eat all you want, what would it be?

Fried food!!!

