

CALIFORNIA STATE UNIVERSITY CHICO, DEPARTMENT OF Kinesiology

ADAPTED PHYSICAL EDUCATION PROGRAMS RECEIVE NATIONAL MENTORING GRANT

Inside This Issue:

Adapted Program

Awarded Grant

1

New Teen Group
Program

1

Health Corner

2

Getting To Know
Your Program Interns

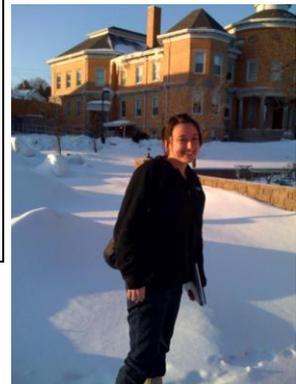
2

In January 2009, Dr. Rebecca Lytle and Josie Cline received notice that our programs would receive 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, Office on Disability in May 2004. I Can Do It involves a mentor that works individually with a paired mentee 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. This mentor based activity program was a natural fit with our current programs and allowed for the expansion of nutrition and home exercise component. The grant also allowed for the expansion

of our desire to start a teen workout program for individuals with Autism and Asperger’s Syndrome.

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.

Josie at Slippery Rock’s Campus in February ...brrrrr... get her back to California!



I CAN DO IT, YOU CAN DO IT TEEN PROGRAM UP AND

The new Teen I Can Do It, You Can Do It program began March 24th on campus. The 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! The program is divided into three, 8-week sessions:

Session 1: Nutrition and Physical Fitness (Spring)

Session 2: Team and Individual Sports (Summer)

Session 3: Integration into the community (Fall)

If you have any questions, or know someone who may be a fit for the program, feel free to call Josie Cline at 898-6324!



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

Phone:
530-898-6324

Fax:
530-898-4932

E-Mail:
Josie Cline
ajcline@csuchico.edu

Rebecca Lytle
rlytle@csuchico.edu

Next Issue:

[Program Spotlight](#)

[Summer Programs](#)

[Nutrition/Health Tips](#)

[Recipes](#)

[And more...](#)

HEALTH SECTION

Thursday night Farmer's Market begins April 2, and Saturday morning Farmer's Market is year-round. Bring the family to the Farmer's Market to sample local produce. Spring is the perfect season to enjoy sweet strawberries!

Reasons to Eat Strawberries

One cup (about 6-8 berries) provides:

More than 140 percent of the recommended Daily Value for Vitamin C

Three grams of fiber making it a good source of carbohydrates

As much potassium as half of a large banana

Antioxidants and many essential minerals including calcium and iron.

MEET YOUR INTERNS...

What was your most embarrassing moment?

To pick just one is tough...But probably when I forgot my name in front of a panel of judges for a dance tryout and had to look down at my name tag to remember what it was!

What animal do you wish you had as a pet but probably never can have?

Humm....A penguin (the tropical kind that likes warm weather). They're just so cute and they could be a swimming buddy.



Who was the most influential person in your life and why?

Grandfather, he always said, "Make it happen" and had more patience and love than anyone.

If you could have one type of food be calorie free and you could eat it all you want what would that food be?
Chocolate!!

