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## Nutrition and Exercise: Best of Both Worlds

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# Nutrition and Exercise: Best of Both Worlds

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# Rationale

- Goal: To further develop at home skills for the Best of Both Worlds community.
- Focus: Nutrition and Fitness that can be done at home.
- Advised the students on healthy food substitutes
- Introduced resistance band exercises that do not require much space
- We also spoke on portion size and how to pack effectively



# Project Description

- Identify the needs of our target community
  - Nutrition refresher and Fitness Tips
- We worked in conjunction with the Best of Both Worlds program director Andrea McDonough
- Our community stakeholders included Andrea and her assistants as well as the students



# What We Did

- Conducted a quick in person question session with the students to assess their prior knowledge, we did this verbally as a group
- Presented an easy to read PowerPoint to engage the students while actively asking questions
- Did hands on participation driven exercise demonstrations



# Evidence

- Sadly we did not take pictures during the presentation
- Andrea was not able to attend but we were accompanied by the students and program assistants Mary Ann and one of my (Trenton) former history teachers from high school Mrs. Wodell
- The students introduced themselves afterward and continually thanked us for coming



# Results

- Conducted a post presentation question session based on the PowerPoint
  - Group based survey to see knowledge retained
- Asked them to demonstrate their favorite exercise
  - Anna really liked working with the resistance bands to do squats
- Asked what they liked about the Presentation.
  - Many of the students told us they love to lift weights and be active, as well as thanked us for the helpful tips on eating healthier



# Deviations

- We originally wanted to direct this program towards elementary school kids
- Our timeline was delayed due to this transition to the BOBW program





# Legacy

- Left a binder filled with at home exercise lists that gives visuals
- Nutritional Information
  - Healthy Food Alternatives
- Questionnaire with basic nutrition and fitness questions



**abs**

sit-ups



reverse crunches



bicycle crunches



flutter kicks



leg raises



elbow plank

**quads**

lunges



high knees



turning kicks



climbers



plank jump-ins



lunges step-ups

**glutes**

squats



donkey kicks



bridges



jump knee tucks



fly steps



side leg raises

**triceps**

close grip push-ups



tricep dips



tricep extensions



get-ups



punches



side-to-side chops

**biceps**

leg curls



chin-ups



doorframe rows



body rows



sitting pull-ups



pseudo planche

**back**

pull-ups



elbow lifts



superman



star plank



alt arm/leg plank



full arch

**chest**

push-ups



plank rotations



chest squeezes



shoulder press



shoulder taps



clapping push-ups

# Effect

Jake: I have never worked with students with special needs and was overwhelmed with how much they value a healthy lifestyle

Trenton: It was a very good experience to see how excited and involved the students were, and was very happy that they were eager to learn. Also their knowledge base was already great in the subject.

Lukas: It was an awesome experience to work with such an excited audience that was eager to learn and get involved

