
FORZA VITAL

Prepared for: ANDREA MENDEZ—Recreation and Senior Divisions Supervisor

CITY OF SAN PABLO

Prepared by: FORZA VITAL —OBESITY PROJECT

JULY 20, 2018.

DATES OF SERVICE—TBD

DIRECTOR OF FORZA VITAL: KATHIA HERRERA

EXECUTIVE SUMMARY—NUTRI-FIT-FINESSE OBESITY LIFESTYLE PROGRAM

Objective

To establish a clear healthy INTERACTIVE PROGRAM that BATTLES OBESITY at its core. By targeting and engaging the physical, emotional, mental and spiritual of each individual this allows the program to become much more than just an activity but makes it a LIFESTYLE for our community. THE PROGRAM based on movement-dance, well balanced excusable-applicable nutrition programs, meal preparation and fun Fitness introduces an understanding of a lifestyle that will also help control and overcome OBESITY with strong grounded maintenance programs. Furthermore to teach the students basic movement combinations that help develop and grow healthy large and small muscle groups and help maintain coordination, balance and timing while engaging positive growth of the local and non-local motor skills. Also to instill a strong goal setting and work ethic within each student by engaging them in teamwork and self motivation activities. Building self esteem with short term success goals is an important aspect of the program. Additionally good eating habits and learning the when ,where ,how ,how much ,why and with what of nutrition is impressed and taught. Creating awareness of obesity and its prevention through exercise and nutrition.

GOALS

Forming and maintaining a strong lifestyle based on good nutrition and fitness-dance. FORZA VITAL applies FITNESS movements from popular and cultural based dances that engage and challenge the participants to push themselves and achieve the goals of better fitness and the control of obesity. Helping the participants develop a strong work ethic will help form the strong fundamental building blocks of maintaining a life long healthy lifestyle. To help the students experience success and realize that if one believes in effort and exhibits will and perseverance one can achieve their dreams. To help build a more balanced educational life for each student by allowing them to discover the wealth of value each has within themselves. To establish a strong foundational base for control and maintenance of obesity in our student population. A complete meal plan will be developed for and by the students to aid in maintaining positive nutritional eating habits. A community performance at the end of the term where the students get to highlight and showcase their effort in front of a live audience. This alone builds an incredible sense of self achievement and self esteem.

Project Outline

The program will be applied through 3 different avenues within the community.

1. Schools— FITNESS and nutrition programs will be developed for all students from K-12 in which we will focus on MOVEMENT fitness and meal planning development with the students . These INSTITUTE programs last from 2 to 4 weeks per school and are culminated with a community Show presentation.
 2. * See brief BELOW for schedule explanations.
 3. CITY BASED Community Centers—Continuation And Maintenance programs . The continuation programs are the connecting portion that brings together the student with the -FAMILY-PARENT component and links them to complete the NUTRI-FIT-FINESSE—Obesity Program. These community based and supported programs grow to become the most vital aspect of the entire program.
 4. Public forums— presentations at public forums such as schools , colleges, Community Centers etc will highlight the dancing and serve as a platform to educate the public as to the importance of healthy well maintained nutritional meal plans.
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*The program is based on a rotational schedule that is set up around the bell schedule of the particular ASP. The younger grades receive a shorter period of time for instruction while it increases as the students get older. Each grade level will rotate with the instructor at the same time daily for the duration of the program with a culmination performance on the last Thursday. Times to be determined. The program is based on a four day work week normally Monday-Thursday. Instruction will take place in the cafeteria or gymnasium. The program is NOT TO BE ADMINISTERED OUTSIDE. OUTDOOR performance is optional.
PLEASE ADJUST SCHEDULE AROUND BELL SCHEDULE.

PROGRAM COMPONENTS

1. FITNESS MOVEMENT – during and after school. Students and Families.
2. NUTRITION EDUCATION AND INSTRUCTION APPLICATION – during and after school . Students and Families.
3. MEAL PREPARATION AND PLANNING – during the PARENTS After School components.
4. PRESENTATION AND SHOWS – During school hours and during after school hours.

PROFESSIONAL INSTRUCTOR BIO – SEE ATTACHMENT

FISCAL AGENT

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