

UCLA Health Sound Body Sound Mind Academic Advisory Council

Shots of kids going into gym, students using equipment

Shots of Matt working with students

**Matthew Flesock
Executive Director, UCLA Health Sound Body Sound Mind**

Shot of middle school students working out

Graphic:
Nearly 4 times the number of students passed the California state fitness test after 8 weeks

Shots of students working out

Matthew Flesock (CG'd earlier)

Priscilla Aguinaga (CG'd earlier)

Shots of Matthew working out with students

PACKAGE END) -----

ANCHOR TAG

years, it's dramatic. It's extremely troubling. It's unhealthy. It has health consequences that are negative. It's something that we'd like to combat in any way possible."
:12

THE PROGRAM TARGETS LOW-INCOME SCHOOLS WHERE PHYSICAL EDUCATION BUDGETS ARE SHRINKING. :04

[Nats: (instructor encouraging students)] :02

EXECUTIVE DIRECTOR MATTHEW FLESOCK SAYS THE PROGRAM DONATES THE EQUIPMENT AND TRAINS THE TEACHERS TO IMPLEMENT THE PROGRAM AND MOTIVATE THEIR STUDENTS TO MAKE PHYSICAL FITNESS A PART OF THEIR EVERYDAY LIVES. :09

"I think our goal is that students will feel confident and inspired to live a more active and healthy life; that's what we want. We want them to learn at an early age." :09

ON AVERAGE, STUDENTS AT SCHOOLS WITH THE PROGRAM SEE A 25 PERCENT INCREASE IN FITNESS TEST PASS RATES AFTER 8 WEEKS IN THE PROGRAM. AT PRISCILLA'S SCHOOL, NEARLY FOUR TIMES THE NUMBER OF STUDENTS WERE ABLE TO PASS THE CALIFORNIA STATE FITNESS TEST AFTER 8 WEEKS.

BUT FLESOCK SAYS THESE STUDENTS ARE GAINING MORE THAN JUST FITNESS. THEY'RE ALSO GAINING THE CONFIDENCE TO BUILD HEALTHIER FUTURES. :12

"If you can get a student to improve the perception of their fitness level, or the perception of their body image, that's just as important of a result." :07

"I think I feel proud because I feel like I gained strength in myself." :03

AT UCLA HEALTH, THIS IS BARB CONSIGLIO REPORTING. :03

THE UCLA HEALTH SOUND BODY SOUND MIND PROGRAM STARTED IN LOS ANGELES ALMOST 20 YEARS AGO. IT HAS GROWN TO 121 SCHOOLS IN CALIFORNIA, 10 SCHOOLS IN THREE OTHER STATES AND IMPACTS MORE THAN 160,000 STUDENTS EACH YEAR.

CG: Timothy Hernandez
High school student

Timothy says he'll continue to be physically active:
"It will obviously be something that I will do throughout my life, to keep in physical shape."

Timothy says he'll continue his fitness journey:
"I feel physically motivated to do even more, and more, and more, and to get physically fit for the life ahead of me."

References

¹ *Childhood Obesity Facts, Healthy Schools, Centers for Disease Control and Prevention (CDC)*. Online: <https://www.cdc.gov/healthyschools/obesity/facts>.

² *Targeting the Body and the Mind: Evaluation of a P.E. Curriculum Intervention for Adolescents, Journal of Education and Training Studies, Vol. 3, No. 4: June 9, 2015*. Online: <http://redfame.com/journal/index.php/jets/article/view/873/819>.

³ *Shape of the Nation, Society of Health and Physical Educators publication, 2016*. Online: https://www.shapeamerica.org/advocacy/son/2016/upload/Shape-of-the-Nation-2016_web.pdf.

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