GIRLS & BOYS, JOIN STAY IN SHAPE AT YOUR SCHOOL!

Program Participating Schools

Chelsea High School
Revere High School (With SIS Mentor Program)
Rumney Marsh Academy
Clark Avenue School
Eugene Wright Science & Technology Academy
Warren-Prescott School
Clarence R. Edwards School
Harvard-Kent Elementary School

For more information, Email stayinshape@partners.org or call 781-485-6477

Once in Stay in Shape, Always stay in shape!

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About Stay in Shape

With support from MGH Chelsea Pediatrics and Chelsea School Department, MGH Community Health Associates (CHA) first started Stay in Shape at Chelsea High School in 2000. The program now serves girls and boys at eight public schools across Charlestown, Chelsea, and Revere.

To date, Stay in Shape has served more than 3,004 students. Many participants reported having learned new knowledge and skills; improved daily health habits and had lots of fun at the same time.

MGH CHA, now a division of MGH Center for Community Health Improvement, strives to work closely with our health centers, schools, and community-based agencies to ensure effective operation and successful outcomes from Stay in Shape.

Stay in Shape empowers participants to ...

- Eat enough fruits and vegetables every day
- Start every day with a healthy breakfast
- Learn to read the Food Labels to make healthier food choices
- Set a healthy limit to TV and other entertainment screen time
- Be physically active for 60 minutes every day
- Control daily stress through practicing relaxation skills
- Get 8 – 10 hours of sleep every night

Program Design & Activities

30-90 min long group sessions

Curriculum on topics of health, nutrition, and stress management

Student Handout Booklet

Presentations and discussions

Questions and answers

Fun homework on building healthy habits and a positive body image

*A variety of fitness activities:
  - Balance/Resistance training
  - Dancing
  - Walking
  - Jogging
  - Running
  - Jump ropes
  - Hula hoops
  - Stairwell climbing
  - Stretching

Using weight training equipment & more

(*Fitness activities vary by site.)