

## 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**



Once in Stay in Shape,  
Always stay in shape!

Girls & Boys, join  
**Stay in Shape**  
at your school!

For more information,  
Email [stayinshape@partners.org](mailto:stayinshape@partners.org)  
or call 781-485-6477

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MGH Center for Community  
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Web: [www.massgeneral.org/cha](http://www.massgeneral.org/cha)

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A School-Based  
Program *Free* for  
**Girls & Boys**  
(2019-2020 School Year)

Learn to stay in shape for a  
lifetime of good health

Web:  
<https://www.massgeneral.org/community-health/cchi/community-health-associates/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.)