

BodyWorks e-Newsletter

Provided by the Department of Health and Human Services' Office on Women's Health

Volume 1, Issue 1

October, 2007

Welcome to the new *BodyWorks* e-Newsletter! This bi-monthly newsletter will update and inform trainers with the latest information, updates and news for the *BodyWorks* toolkit and program.

BodyWorks Bulletin Board



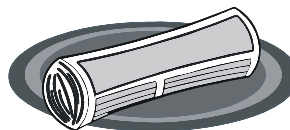
- Please remember to send back your toolkit tags with a note of who the trainer was, whether or not it was a train-the-trainer session or a parent/caregiver program, dates of the training or program to: **BodyWorks 1090 Vermont Ave. NW Suite 300 Washington, D.C. 20005.**
- Completed toolkit tags help BodyWorks staff keep track of trainers and parents and caregivers who have participated in a BodyWorks training or 10-session program. It provides trainer contact information that is posted on the web site so others may be trained.
- **Let people know you are holding a BodyWorks training or parent/caregiver program!** Post your upcoming trainings and programs at www.womenshealth.gov/bodyworks
- The BodyWorks listserv is now moderated which means all messages must be approved by the BodyWorks staff before they are sent to subscribers! Please email bodyworks@hagerssharp.com if you are interest in subscribing and let us know how you would like to receive your emails. You can choose to receive e-mails in Digest Form (combined into one e-mail per day) or in Non-Digest Form (list e-mail comes as separate postings). Please note: the listserv is for current trainers only.

New Web site Updates!

Web site updates include:

- **Updated list of trainers across the country:** We now have trainers listed in 42 states across the country with over 1,000 *BodyWorks* trainers!
- **Template Sponsorship Letter:** Use this letter to ask local businesses for donations for healthy snacks, participant incentives, etc.
- **Template Budget for parent/caregiver programs and train-the-trainer sessions:** Use these templates as a guide for developing budgets for your training.
- **Partner Resources:**
 - **Obesity Action Coalition:**
 - Understanding Obesity Brochure
 - Understanding Childhood Obesity Brochure
 - Understanding Childhood Obesity Poster
 - **Alliance for a Healthier Generation:**
 - Stick with it
 - "Eating Out" parent tip sheet
 - "At home" parent tip-sheet
 - "At the doctors office" parent tip-sheet
 - Yum-O Cooking Road Map

BodyWorks in the News



- “Teen girls exercise healthy eating” (Laura Greggel, *Seattle Post-Intelligencer*, July 6, 2007)
- “SCRMC sponsoring BodyWorks program” (Staff Reporters, *Laurel Leader Call*, August 17, 2007)
- “Getting enough fruits and vegetables?” (Jennifer Span, *The Clarion-Ledger*, September 18, 2007)

Evaluation



The Outcome Evaluation is in full swing. We would like to send a big thanks to the participating organizations:

- University of Illinois, Chicago, IL
- Girls in The Game, Chicago, IL
- Valley's Children Clinic, Mercer Island, WA
- Health Promotion Council, Philadelphia, PA
- Girl Scouts of Utah
- Ogle County Health Department, IL

If you are interested in participating and will be conducting parent/caregiver sessions in the fall, please contact Rebecca Ledsky at 202-828-5100.

Results from the evaluation will be available in June 2008. Stay tuned!



General Information:

If you have any specific questions or concerns, please email:

bodyworks@hagerssharp.com

Or call 202-842-3600.

BodyWorks Spotlight:

We would like to start highlighting trainers and/or program success stories.

If you would like to be a featured trainer-or if you have a program success

story that you want to share with others in the next *BodyWorks* e-

Newsletter, please contact us at bodyworks@hagerssharp.com or 202-842-

3600.