

# BodyWorks e-Newsletter

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

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

## BodyWorks Bulletin Board



- **BodyWorks listserv is now moderated!** If you are not subscribed to the BodyWorks listserv or have been taken off, you can now subscribe as the listserv is moderated. This means that we will have control of which messages are sent through the listserv, which will limit the amount of junk mail or accidental posts. To subscribe, please email [bodyworks@hagersharp.com](mailto:bodyworks@hagersharp.com).
- **Friendly reminder to trainers:** When planning your upcoming training session or 10-week program, please submit toolkit orders one month in advance to [bodyworks@hagersharp.com](mailto:bodyworks@hagersharp.com). Also, please keep in mind that trainers can order a maximum of 15 kits per a program/training that will take place in one to two months.
- **Let people know you are holding a *BodyWorks* training or parent/caregiver program!** Post your upcoming trainings and programs at: <http://www.womenshealth.gov/BodyWorks/events/add.event.cfm>
- **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, the city and state of your program, and the dates of the training or program to: ***BodyWorks c/o Hager Sharp 1090 Vermont Ave. NW Suite 300, Washington, D.C. 20005.***

## BodyWorks Web site: Tools for Current Trainers

We would like to remind trainers of the many tools available on the Web site to assist you, check out: <http://www.womenshealth.gov/BodyWorks/trainers/>:

- **Checklists:** Step-by-step lists of tasks to be completed within a timeline before your upcoming program or training session.
- **Budget templates:** Easy-to-use template spreadsheets to help you or your organization determine the costs to hold a program or training session in your community.
- **Flyers:** Flyers that can be tailored for your upcoming program and posted in community centers, local schools, malls, fitness centers, etc. to advertise to parents.
- **Parent/Caregiver Completion Exercise:** Allows participants to write down what they have learned and what behavior changes they have made or plan to make.
- **Sample paragraph for newsletters or Web site postings:** This can be placed in local newsletters, listservs, calendar listings, etc.
- **The *BodyWorks* logo:** The logo is free for you to use when creating your own materials for your upcoming BodyWorks program.
- **Online BMI tools for adults and teens:** A great tool to use with participants to measure how healthy they are and what the number represents.

## ***BodyWorks* Evaluation**

The BodyWorks core team (Altarum Institute, Hager Sharp, and Office on Women's Health) will be sharing what we have learned so far in the evaluation at the APHA conference, October 2008. We will hold a roundtable discussion on recruiting and retaining parents into BodyWorks, and have an oral presentation on implementing a train-the-trainer model. If you will be attending APHA try to stop by and share your own lessons learned, or even just say 'hi'.

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## **Free bone health materials**

The bone health campaign, *Powerful Bones. Powerful Girls*, focuses on tween girls and their parents to help build strong bones and prevent osteoporosis. We have a great selection of free materials that are ideal as giveaways at your next BodyWorks program, event, school, office, after-school program, or church. Materials include:

- **Bone health placemats for Parents and girls (English and Spanish)**
- **Bone health journals for girls**

To order your free materials, please visit

[http://www.girlshealth.gov/bones/games\\_fun/index.html](http://www.girlshealth.gov/bones/games_fun/index.html) and click on "free stuff" on the top of the page. Contact Darcy Sawatzki at [dsawatzki@hagerssharp.com](mailto:dsawatzki@hagerssharp.com) or 202-842-3600 x253 if you need further information or assistance.

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### **General Information:**

If you have any specific questions or concerns, please email: [bodyworks@hagerssharp.com](mailto: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](mailto:bodyworks@hagerssharp.com) or 202-842-3600.

