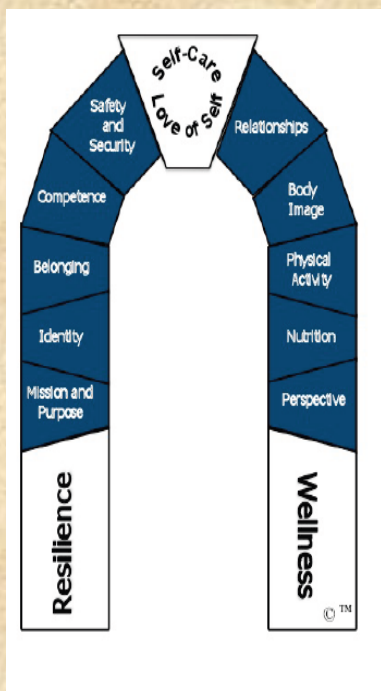


Building The BodyMind Initiative Arch



The BodyMind Initiative uses an arch because it represents our mission and vision. Our mission states that, “The BodyMind Initiative is committed to developing and improving resilience, promoting and empowering self-care, and educating and supporting wellness in youth by providing experiential school activities, family resources, and community involvement.” Our vision states that we want “to make a difference in our community by creating healthy minds and healthy bodies.”

The arch also represents the three dimensions of the BodyMind Initiative program. Resilience, one’s ability to bounce back or recover from a difficult time or situation, and Wellness, which is a state or condition of being in good physical and mental health, are the pillars that support the main components of the BMI “Arch”. A keystone is a central stone at the top of the arch that locks the whole arch together. Without the keystone, the arch will not be able to stand and will be unstable.

WHY RESILIENCE?

EVIDENCE SHOWS THAT RESILIENCE DEVELOPMENT IS LINKED WITH HIGHER LEVELS OF PHYSICAL HEALTH AND LOWER ENGAGEMENT IN MANY UNHEALTHY BEHAVIORS. IN FACT, RESILIENT CHILDREN AND ADOLESCENTS HAVE POSITIVE VALUES AND SKILLS IN SEVERAL AREAS OF WELLNESS.

WHY SELF-CARE?

WHEN PEOPLE BELIEVE THEY ARE WORTH TAKING CARE OF, THEY MAKE BETTER CHOICES FOR THEMSELVES. SELF-CARE HELPS US IN THE DEVELOPMENT OF RESILIENCE AND MAINTENANCE OF WELLNESS PATTERNS. WE WANT THESE PATTERNS TO BE CONTINUOUS SO THEY WILL BE LONG LASTING.

WHY WELLNESS?

PRE-ADOLESCENCE AND ADOLESCENCE ARE TIMES OF GREAT PHYSICAL AND PSYCHOLOGICAL CHANGE. THESE CHANGES CAN AFFECT HOW THE PERSON VIEWS WELLNESS AND HOW THEY BEHAVE. ALSO, UNBALANCED EATING, UNHEALTHY EXERCISE, AND POOR BODY IMAGE HAVE BECOME ALL TOO COMMON.

BMI in the News

Over the past year BodyMind Initiative has received recognition for our positive impact in schools due to our use of a comprehensive approach to wellness. BMI's Inner Beauty Pageant was featured in the Lubbock Avalanche-Journal in February of 2011 as it strongly represented what our approach entails. In September of 2011 the Daily Toreador highlighted the unique details of our program, along with our future goals in Lubbock schools and others across the state. Karen McKay, of KCBF, did a segment with BMI on HealthWise. With every mention of our program, came many positive descriptions of BMI's view on wellness. As BodyMind Initiative gains this recognition, we would like to show our appreciation to all who have contributed to our success. Thank you Covenant Health System, school administrations, staff, students, and parents for your hard work and dedication.

Kids in the Kitchen

Involving your child with meal preparation is a great way to positively influence your child. It helps to foster independence, self-confidence, creativity, and other talents by putting them in charge of different tasks. This is also a great time to strengthen your relationship with your child and discuss what is going on in their lives. Involving your child in meal preparation increases their likeliness to try new foods since they are seeing the product from start to finish. Use the following ideas to get your child more involved in the kitchen. It may take some patience in the beginning, but you will soon appreciate the extra hands.

PARENT POINTERS



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Parents, sometimes it may seem you and your children live in different worlds. Taking the time to show interest in some of their activities, such as watching their favorite TV show or playing a game they enjoy, can open a door to more opportunity to spend much needed time together.

1. Wash, peel, or slice fruits/veggies.
2. Measure ingredients and mix them.
3. Grate cheese.
4. Tear lettuce.
5. Set the table.
6. Snap asparagus or beans.
7. Decorate desserts.
8. Serve other family members.
9. Put leftovers away.
10. Decide the next meal.

MENU MAKEOVER: LEMON VELVET SUPREME

SERVING SIZE: 1 / 6 OF RECIPE
YIELDS: 6 SERVINGS

INGREDIENTS:

- 2 CUPS VANILLA FAT FREE YOGURT
- 3 TABLESPOONS INSTANT, LEMON PUDDING MIX
- 8 SQUARES OF GRAHAM CRACKERS, CRUSHED
- 1 CAN (4 OZ.) MANDARIN ORANGE SLICES, DRAINED

DIRECTIONS:

1. COMBINE VANILLA YOGURT AND PUDDING MIX; GENTLY STIR TOGETHER.
2. LAYER BOTTOM OF SERVING DISH WITH CRUSHED GRAHAM CRACKERS.
3. POUR PUDDING MIXTURE OVER CRACKER CRUMBS.
4. TOP WITH MANDARIN ORANGE SLICES OR YOUR FAVORITE FRUIT.

NUTRITION INFORMATION:

~ 150 CALORIES
~ 1 GRAM OF FAT
~ 5 GRAMS OF PROTEIN

THIS SNACK IS EASY TO MODIFY WITH YOUR FAVORITE FRUIT SUCH AS BLUEBERRIES, STRAWBERRIES, OR PEACHES. ALSO, TRY DIFFERENT FLAVORS OF PUDDING MIX TO KEEP THIS SWEET TREAT ENTICING. TRY IT FROZEN TOO!