



HEALTH, FITNESS AND WELLNESS EXPO

WORKSHOPS-AT-A-GLANCE

**INVEST IN LIFE WORKSHOPS
A PLAN FOR WORKING TOWARDS WELLNESS**

YOUTH DAY WORKSHOPS – Friday, May 11, 2007

TITLE	TIME	ROOM	DESCRIPTION
The Real Me is More than Skin Deep	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	201	What does it mean to beautiful? Ever asked yourself this question? Explore why your body type and your friends are different. Hear what guys and girls really think about crop shirts, low hanging jeans, colored hair, weight, and more. Learn to create your own image or style. Voice your opinion and hear from others in discussions on the standard of beauty and how ethnic stereotypes in media use “tricks” to affect you and what you buy. Meet other young people like yourself that want to be comfortable with their own style!
Be Wise, Exercise!	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	202	UNPLUG! No more TV, cells, IM’s or video games. Here’s your chance to officially ‘unplug’ from all gadgets without feeling you’re missing out or getting bored. Learn to enjoy your music and improve your social life while staying physically fit. Discover simple fitness steps that create more activity in your life, while still maintaining your own personal style. Leave with a list of physical activities that you can do while playing video games, watching TV, and talking on the phone.
Got Stress? RELAX!!!	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	203	Stressed out? Learn ways to work through everyday life stressors such as school, parents, home, and friends. Understand procrastination and how to manage your time when you think you don’t have any. Discover simple ways to reduce stress that’s fun, easy and requires little planning ahead. Stop stress in its tracks by detecting stress producing situations before they actually happen or once they do happen, learn what you can do so they don’t stress you out again. Find out what long term health effects of stress can do to your body.
Fast Food, Empty Pockets.	9:00am	205	Do you crave fast food? Are you spending all your money on fast food? This workshop’s for you! Participate in discussions and fun



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	9:35am 10:40am 11:15am 12:20pm 12:55pm		games regarding healthy food choices. Learn to still eat at fast food restaurants, but learn to make better choices when ordering, snacking, and 'eating on the run'. Understand why fast food is not for everyday, by learning the physical symptoms associated with your specific food choices. Eating fast food can be good, find out what choices you can make. Presented by Nutritionist Dr. Ro
Do the Right Thing. Eat the Right Foods.	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	206	Do you eat candy bars, potato chips, and fast food every day? Are your jeans getting tight? Get sleepy after eating French fries, bread or cake? You need to get the inside scoop on how many extra calories, fat and sugar you're really eating every day. Learn about hidden sugars, fats and other ingredients in everyday foods and how to make other tasty selections that are less expensive.
Your Doctor Can Be Your Friend	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	207	Do you fear the doctor? When you have a doctor's visit, do you tell them how you really feel when you're sick? When you're young, you go to the doctor a lot so learn to make the visit worth your time. Learn how to prepare for your next doctor's visit. Understand how to discuss sensitive issues with the doctor without feeling uncomfortable. Walk away with a journal to record your own personal health history.
Gang Unit - OAK Police Department	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	208	Anti-drug & Gang Unit



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Get the 411 on Drugs	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	210	Are you getting offered drugs at school or in your neighborhood? We'll help you learn to say "no" without feeling peer pressure while still maintaining your friendships. Through small work groups and guided discussion, we'll explore substance use in a non-judgmental way. Understand the reasons why young people use drugs, and how to make informed decisions to reduce the harm of any drug.
Fitness on a Dime!	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	211	Play outdoors! Discover outdoor activities that are fun, active, and inexpensive and offered at your local Boys and Girls Club, YMCA or recreation center. Explore how you can get involved in sports activities like track and field, cross country, rock climbing, skiing, skateboarding, biking and hiking for little to no money.
Natural vs. Man Made: What's in Our Food?	9:00am 9:35am 10:40am 11:15am 12:20pm 12:55pm	204	Do you really know what you're eating? Learn to read the labels on packaged foods, candy bars, diet and steroid pills, and fast food charts. Understand "serving size" the key word on every food product label. Discuss popular food fads, diet scams, how they're promoted, and the dangers of misleading food labels. Learn how terminology like "all natural," "reduced fat," "sugar free," and "health foods" mislead people.