



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

***BodyWorks* Program Helps Families Create Healthier Lifestyles For Young Girls**

(Farmington, Utah) – Davis County Health Department launches a new program that focuses on helping girls ages 9 to 13 and their families create healthier lifestyles. The *BodyWorks* classes begin June 4, 6:30 p.m., and run for six weeks at the department's Immunization Clinic (596 West 750 South in Woods Cross).

The *BodyWorks* program was developed by the U.S. Department of Health and Human Services' Office on Women's Health (OWH).

Bonnie Athas, dietitian with the Davis County Health Department, said, "I'm not surprised that OWH's research showed many adolescent girls have poor eating habits and do not get the recommended daily amount of physical activity." OWH found that many girls skip breakfast, have non-nutritious lunches and don't eat dinner with their families, she said. "Girls spend about three hours a day watching television, playing video games, using the computer, and talking on the telephone, without parental limitations."

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According to Sally Kershisnik, director of the Davis County Health Department's Family Health & Senior Services Division, the research by OWH indicated that a majority of the girls want their parents be stronger role models for fitness. "They wanted their parents to set boundaries for unhealthy eating habits and sedentary activities, and to engage the entire family in increasing physical activity," Kershisnik said.

"The *BodyWorks* program teaches parents to be role models for their daughters and encourages them to establish better eating and activity habits for their families," said Jonelle Rowe, M.D., M.A., senior medical advisor for adolescent women's health at OWH. "We believe that healthy girls become healthy women," Rowe said.

Parents who enroll in the *BodyWorks* program will receive a *BodyWorks* toolkit and will attend regular group meetings to help maintain behavior change. The toolkit serves as a guide to creating an overall health lifestyle. It includes a video on healthy shopping and cooking strategies, a recipe book, food and fitness journals, a weekly meal planner refrigerator magnet and more.

Fifteen young girls along with their parent(s) are the maximum number of participants that can be enrolled. Grandparents raising their granddaughters are welcome to enroll, too. For more information on the *BodyWorks* classes, contact Athas at (801) 451-3230.

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