

## Healthy Teen Expo Community Collaborators

*Healthy Teen Expo includes the following community partners:*

*Rutgers Cooperative Extension of Atlantic County- FCHS*

*4-H Youth Development of Atlantic County*

*Atlantic County Healthy Living Coalition*

*Atlantic County Health Department  
AtlantiCare*

*Gilda's Club of South Jersey*

*Atlantic City Health Department*

*Atlantic City Board of Education Title  
1 Parent Resource Centers*

*Shore Memorial Hospital*

### *Family and Community Health Sciences at Rutgers Cooperative Extension*

For more than 60 years, Family & Community Health Sciences has partnered with New Jersey schools, business, institutions of higher education, professional associations, healthcare providers, state agencies, and community groups.

Family & Community Health Sciences is your local authority on personal wellness, nutrition, and healthy lifestyles programs.

Family & Community Health Sciences curricula are research-based and our programs can be easily evaluated to demonstrate impact.



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**RUTGERS**  
New Jersey Agricultural  
Experiment Station

## Healthy Teen Expo



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# A Collaborative Approach to School Wellness Issues & Event



The mission of Get Moving-Get Healthy New Jersey is to improve the health of individuals, families and communities. Get Moving-Get Healthy New Jersey encourages a healthy lifestyle, especially healthy eating and physical activity, through educational programs, a website, publications, and targeted marketing campaigns. Rutgers Cooperative Extension works in partnership with state and local governments, research institutions, professional groups, corporations, and private organizations to achieve this mission.

The website can be found at <http://getmovinggethealthynj.rutgers.edu>. This interactive site features information on Healthy Eating, Physical Activity, Resources, and a Just For Kids link. Also featured is the Walk NJ Point-to-Point virtual walk program. The following interactive tools can be accessed from the site:

- BMI Calculator
- Calorie Calculator
- Target Heart Rate Calculator
- MyPyramid Plan

## School Wellness

The purpose of the *Atlantic County Healthy Teen Expo* is to involve students in a highly interactive way that will increase their awareness of the importance of living a healthy lifestyle. The intention of the program is to reduce the risk of chronic diseases and obesity among Atlantic County residents.

The *Atlantic County Healthy Teen Expo* is an opportunity for middle and high school students to interact with a variety of community service and health agencies. Each student will be given a Passport to be completed with answers/responses as they visit each of the exhibitors. Students will be able to learn useful information about their personal health as they visit each exhibit station

*Atlantic County Healthy Teen Expo* topics may include nutrition, fitness and exercise, cancer screenings information, melanoma, cardiac disease, diabetes, stress, substance abuse, and smoking. Additional topics are available upon request.

Students also participate in a physical activity challenge as part of the event. The physical activities presented give the students the opportunity to learn while having fun. The activities include food match races, jump rope challenge, portion distortion, healthy plate exercise, think what you drink activity, as well as warm-up and stretching exercises.



## Healthy Teen Expo

The Healthy Teen Expo is educational and enjoyable for Atlantic County students!

A sample Healthy Teen Expo includes the following events:

30 minutes in the Physical Activity Challenge

30 minutes in the Interactive Exhibits

In most schools, the student population in a grade level is divided so that 60-70 students visit the Physical Activity Challenge while an additional 60-70 students visit the Interactive Exhibit area. The size of the student population determines the number of 60 minute blocks of time needed for the program to be successful.

As many as 500+ students have been cycled through the event in a four-hour period of time!



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