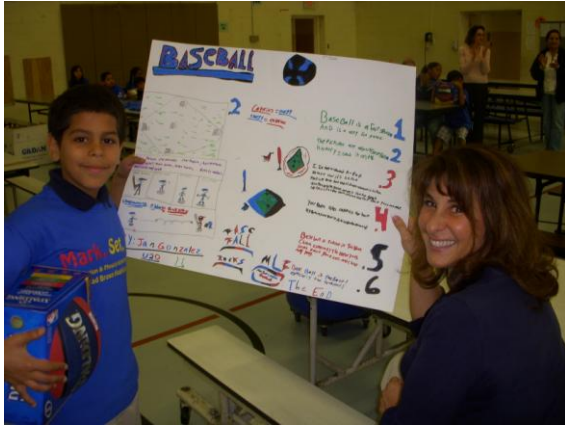


Chad Brown
Health Center

Mark, Set Go! Nutrition & Physical Activity Program



Topics Covered:

- Energy
- Physical Fitness
- Food Pyramid
- Fats
- Drinks
- Tobacco Prevention



Program Staff:

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Participating Schools:

- Charlotte Woods Elementary School
- Harry Kizirian Elementary School
- Laurel Hill Elementary School
- MET School
- Paul Cuffee Middle School
- Robert F. Bailey School
- Sackett Street School
- Sergeant Cornel Young, Jr Elementary
- Sophia Academy
- Veazie Street School
- Webster Elementary



Mark, Set, Go!

- Program goals are to increase 5th graders' physical activity, nutrition awareness and fruit and vegetable consumption.
- Now in its 4th year, it has reached over 1000 5th graders in the Providence Public Schools.
- A school-based program, it promotes healthy eating and active living among 5th grade students and their families.
- Participating schools receive a 9-week interactive workshop series that is presented in the classroom.
- The program is taught by the Chad Brown Health Center Program Coordinator and a team of MET High School students who have been trained as peer health educators.

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