








THE I. D. E. A. PROGRAM




Incentives, Demonstration, Education, and Assessment (and Appreciation for healthier weight, foods, and lifestyle)

About the program:

I, Leslie Anders MS, RD,  a **certified nutritionist**, am conducting a nutrition and exercise program that has been designed to help teenage women, like yourself, understand how **foods**  and other **lifestyle changes**  can help improve **weight** , **strength**, **health** , **energy level**, **mood**, and **focus** .

This program requires a commitment to meet **once per week** after school for **eleven weeks**. 

The program also requires 3 sessions with a parent or caregiver. All information will be in **Spanish and English**.

Incentives in the form of healthy foods, food preparation materials and tools , portable exercise equipment , food vouchers at local supermarkets  and additional **surprises and gifts** will be given away at each meeting.

AND ... THIS WILL BE FUN !!!