



### **Project Summary:**

The Movement Against Childhood Obesity (MACHO) is a grassroots obesity prevention program targeting young adolescents, ages 10 to 14, in disadvantaged communities. A confluence of stressors at this critical stage of development makes it an ideal time to teach life skills. The program aims to tackle the diabetes epidemic one kid at a time through behavioral modification, by equipping participants with tools to take personal leadership in their lives. The program is anchored around three tenets – nutrition, exercise and education – bound together by a central theme of personal leadership. The multi-dimensional, grassroots approach of MACHO, along with its flexible design, incorporating the specific strengths and needs of a given participant in a given community allows for maximal engagement and behavioral modification. The program was designed by the Weill Cornell Medical College chapter of the Student National Medical Association in collaboration with Settlement Health, a federally qualified community health center in East Harlem, NY.

### **How to get involved in MACHO 2010 (Kick off date- Nov. 13<sup>th</sup>):**

MACHO consists of 10 Saturday sessions (about 2 ½ hrs per session) in which students (you) would be facilitating lessons on nutrition and exercise, as well as a cooking demo. We are currently seeking enthusiastic and driven individuals to assist in various logistics tasks as well as help run the MACHO sessions.

**For More Info: [machoprogram@gmail.com](mailto:machoprogram@gmail.com)**