

# Community Enrichment Fitness Network

## Fit Kids 4 Life Takes the Airways Fall



The Get Real, Get Raw team enjoys a glass of its green smoothies after shooting a demo on how to prepare the drink on the “Fit Kids 4 Life TV Special.”

eat healthier. In the spirit of Michelle Obama’s Let’s Move initiative against childhood obesity, students from Temple University and the surrounding community joined with CEFN to produce the “Fit Kids 4 Life TV Special”, a six-episode television special on childhood obesity.

The special—produced by youth for youth—airing this fall on Philadelphia’s public access station Philly-CAM, features exercise and cooking segments with youth showing their peers simple ways they can get active and implement healthier foods into their diet.

The six-episode special also features interview segments with youth discussing their challenges with staying

fit, and local health and fitness professionals discussing the services available to youth looking to get healthier.

One youth sharing her struggles on her journey to good health is Jennifer Vanderbas.

“I had a late start in getting my college education because I developed severe migraine headaches,” said Vanderbas.

“I also was gaining weight...because I couldn’t do any physical activities...I managed to take control of my headaches by changing my diet and becoming more physically active...I hope by being involved in this program I can reach out to people in need of this type of direction.” (Continue on Page 2)

This fall some Philadelphia youth will be using their television production talents to show their peers how to get more active and

### Faith Community United Health Fair Details:

- Free Entertainment for Children & Adults
- Health Screenings
- Free Healthy Snacks
- Exercise and Cooking Demos
- Much More!

## CEFN Collaborates with FCUHG For Annual Health Fair

CEFN, in partnership with Faith Community United for a Healthier Germantown, will host a free health fair Saturday, June 25 at Vernon Park (5800 Block of Germantown Ave.) 10 a.m.-3

p.m. There will be exercise and cooking demos at CEFN’s health and fitness pavilion. These demos will highlight some of the dishes and exercises on the upcoming “Fit Kids 4 Life TV

Special.” There’ll also be live entertainment and health screenings. Other health organizations will also be on site to offer health and fitness information. The rain date is set for June 26.

## Youth Helping Youth Get Fit 4 Life

(Continued from page 1)

Another individual who worked on the project was Bruce Schimmel. "Being a CEFN...production volunteer was rewarding personally. And it was fulfilling professionally, as treasurer, of the Tree House Books," Schimmel said. "For one taping, I brought a mom and two kids from the community bookstore...[they] all tell me they had a wonderful time."

Another organization CEFN

collaborated with was Education Works. High school student Tiffany DeSesso of Education Works co-hosts the special, while her advisor Michael Reid assisted with production and participated in an exercise segment. Several other students from the



(L-R) Michael Reid, Jennifer Vanderbas, Juilan Lindsay and James Roberts enjoy a short break on the set of the "Fit Kids 4 Life TV Special."

program participated in exercise and food demos. Also taking part in the special were staff members of Philadelphia, Temple's Center for Obesity Research and Education and Get Real, Get Raw. The special was made possible because of United Healthcare's UnitedHEROES grant. Through the grant thousands of youth across the nation changed their community through a semester service.

## Take a Health Journey With CEFN This Summer

It's spring again, and once again Americans are trying to get into shape. CFN has teamed up with Health Journeys 2011 to help Philadelphians get into shape not just for spring, but for life.

Health Journeys 2011 is Philadelphia's former health czar Gwen Foster's Mount Airy based health and fitness initiative. The yearlong program features weekly exercise sessions, cooking demonstrations on the fifth of every month and monthly movies about the dangers of consuming unhealthy

foods. The program runs Sundays at 2 p.m. until December at Germantown Seventh Day Adventist Church located at 200 East Cliveden St.

Foster said the program helps people stay on their journey to good health by teaming up each person with a "tour guide/travel agent." The tour guide/travel agent shares similar health needs or challenges as the person he/she is paired up with, allowing them to act as



Linda Taylor, "Focus on Fitness" will be one of the CEFN volunteers serving as an Health Journeys instructor.

each other's support system.

"Faulty genes may load the gun, but lifestyle pulls the trigger," said Foster, adding that the program provides credible information that empowers people so they can make a sustainable healthy lifestyle change.

Linda Taylor, co-host of "Focus on Fitness" and CEFN volunteer will serve as one of the cooking instructors for the program this summer.

"I think it's a great idea to continue the 40 Day Journey [program], Taylor said. "[Healthy eating and exercise habits] ha[ve] to be reinforced over and over in order for us to get it."

## CEFN Impacts the Community

This fall CEFN reached another milestone with PhillyCAM. CEFN received the Impact Award for the work it does both on and off the airways to help empower individuals to make a permanent healthy lifestyle change.



(L-R) Grady Jones of "Unsolved Philadelphia" along with Sherry Hill were presented PhillyCAM's 1st Annual Impact Award by Outreach Director Antoine Haywood.

Remember to Tune in to "Focus on Fitness" on PhillyCAM Wednesdays-Sundays

## Photo Stories from the Set of the Fit Kids 4 Life TV Special



The children enjoy a quick warm up routine before a kick boxing demonstration. This is one of many high energy workouts on the special.



(L-R) Michael Reid, Jennifer Vanderbas and Daron Stivender get their dance on, for a workout that is so fun that you just might forget that you're exercising.



Rudolph and Phillip King relax before participating in an exercise segment.

Connect with CEFN...



Facebook.com/CEFNPhiladelphia

CEFN.ORG

CEFNPHILA@GMAIL.COM

(215) 858-4957

## "Focus on Fitness" Show Times

Wednesdays 10 a.m.

Thursdays 6 p.m.

Fridays 10 a.m.

Saturdays 7 a.m.

Sundays 6 p.m.

Editor: Sherry Hill

Writers: Shari DaCosta

Alene Brunkhurst

Photos: Rev. Jesse Brown

Bruce Schimmel

Courtesy of Linda Taylor



Comcast Channels 66/966 & Verizon  
FIOS channels 29/30