



The mission of the Center Helping Obesity In Children End Successfully, Inc. is to be a resource center for the clinically diagnosed and at-risk children of obesity. Formed in 2002, C.H.O.I.C.E.S. is a non-profit organization that promotes weight management and lifestyle changes through nutrition education, peer socialization and physical activity. We seek community engagement, corporate partnerships and faith based collaborations to fight obesity.

The Programs



C.H.O.I.C.E.S. offers unique collaborative programming that engages primary influences in a child's life—parents, family, peers, educators and community. The 2011—2012 childhood obesity prevention programs and initiatives are:

We Can!...Make Healthy Choices

A 6-week family workshop series that provides water aerobics classes to children between ages 8-13 while educating parents, utilizing the nationally accredited *"Ways to Enhance Children's Activity and Nutrition" (We Can!)* curriculum from the National Institutes of Health.

The Annual Children's Nutrition Education & Physical Activity Expo

The signature event held during National Children's Health month with indoor and outdoor nutrition exhibitions, free health screenings and cooking demonstrations. Designed as a learning carnival featuring fitness exhibits from major sports teams such as, the Atlanta Braves, Atlanta Hawks and Atlanta Silverbacks. The next Annual Expo event will be held Saturday, March 24, 2012 at the Adamsville Recreation Center in Atlanta.

The Children's Expo On Wheels - Let's Move! Initiative

A year round program that focuses upon nutrition basics by participating in community health fairs and supporting after school programs. Starting in January of 2011, the First Lady, Michelle Obama's Let's Move! Initiative was incorporated to be the health education theme. Community outreach events and social media marketing were held in partnership with the City of Atlanta, City of Kennesaw, County of DeKalb and County of Clayton. Focusing upon simple nutrition education themes paired with alternative fitness activities, the Children's Expo On Wheels.

Camp C.H.O.I.C.E.S.

The 1-week day camp series for overweight children. Each camp is gender specific and designed for children ages 10-15. These camps provide hands-on nutrition classes, personalized fitness training and fun cooking demonstrations.

Sisters in the L.I.T.E. (Lifestyle Intervention Teaching Exercise) Program

A 12-week lifestyle series for young women ages 10-24. The "Sisters" program provides self-esteem, nutrition and fitness classes to women while educating their mothers. The "Sisters" program follows the *"BodyWorks For Families"* curriculum from the Office on Women's Health.

Living Better with Diabetes

A 10-month project including community outreach events and an intensive workshop series. The *Living Better with Diabetes* project is designed to be a refresher course for people who already have type 2 diabetes made possible with a sponsorship from Novo Nordisk. The intensive four week workshops will be presented at First Congregational Church in Atlanta from January 2012 to May 2012.



The Year In Review:



- January 17, 2011 - 1,000+ Attendees
"Let's Move! Atlanta" Expo Event
Martin Luther King Recreation Center, Atlanta



- March 26, 2011 - 600+ Attendees
"6th Annual Children's Nutrition Education & Physical Activity Expo"
Adamsville Recreation Center, Atlanta



- June 14, 2011
"Let's Move! DeKalb" Resolution
DeKalb Board of Commissioners, Decatur



- September 11, 2011
"Childhood Obesity Awareness Day" Proclamation
Chambers of Governor Nathan Deal, Atlanta



- October 1, 2011 - 600+ Attendees
"Let's Move! Clayton" Expo Event
Atlanta State Farmers Market, Forest Park



- February 9, 2011
First Lady Michelle Obama "Let's Move! Anniversary"
North Point Community Church, Alpharetta



- May 21, 2011 - 300+ Attendees
"Let's Move! Kennesaw" Expo Event
Swift Cantrell Park, Kennesaw



- June 18, 2011 - 1,000+ Attendees
"Let's Move! DeKalb" Expo Event
Porter Sanford III Performing Arts Center, Decatur



- September 17, 2011 - 400+ Attendees
"Childhood Obesity Awareness Day" Expo Event
First Congregational Church, Atlanta



- November 14, 2011
"Diabetes Awareness Month" Proclamation
Chambers of Governor Nathan Deal, Atlanta

