

Summer 2008 Evaluations

Comments from Parents;

- # “The program exceeded my expectations. In my opinion, this program scores above the \$4,000.00 Opti Fast program that I am currently attending”
- # “First time my granddaughter has exercised. She has been willing to run and move her body”
- # “This program is an excellent POSITIVE introduction to fitness & nutrition. Non-threatening, motivational organized program, great instructors. Enjoyed the individual class Behavior Therapist, Nutritionist, and Physical Therapy”
- # “To learn – open to the unknown experience. I am thrilled with both the Teen & Adult parts”
- # “Using baggies & sugar was a WOW!”
- # “Nothing missed well rounded info. Team responded to all of my questions”
- # “It was great for my daughter to better understand why we make our choices, and she has made better choices”
- # “I thought it was going to be all focused on exercise, but it was very nice to see the reasons and visual demonstrations”
- # “Everyone said there is sugar in soda, but I had no idea how much till we saw it measured & placed in a bag”
- # “We fill out shopping cart more carefully now & children help us to put things back that are unhealthy”
- # “I think this was one of the best things that can not only help for teen fitness, but bring families more close in understanding many different aspects and concerns that parent and children have, but have trouble communicating. It is a family improvement program and a wonderful learning experience. Should definitely try it once for your children sake”
- # “I expected more of the healthy weight exercise for the adults. The program excuded for the teens”
- # “My daughter had no idea how to read labels. I had no idea the croutons had much fattening and one tortilla has a lot of fat”
- # “It’s a great program and very educational. You will be very surprised about the food labels. This is one of the best things that Kaiser could have referred me for my daughter”

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Comments from Teens;

- ✚ “It was the funnest thing ever”**
- ✚ “I learned a lot of stuff and would like to do more”**
- ✚ “I learned that relapses are okay” (referring to stages of change)**
- ✚ “Really help” (referring to stages of change)**
- ✚ “I learned everything I’m suppose to know”**
- ✚ “I saw how much sugar was in some of the drinks, and it was shocking and helpful”**
- ✚ “We don’t drink as much soda and we’ve stopped going to restaurants more than once a week”**
- ✚ “Help me see how fast food places increase in fat & calories”**
- ✚ “I love soda, but now I cut down”**
- ✚ “I cut down in my portions”**
- ✚ “We have eaten better & cut down on sugars & fats”**
- ✚ “I liked pretty much everything”**
- ✚ “I plan to keep exercising & trying new things”**

When teens were asked to write some advice for teens that plan to take this course in the future, this is what some teens wrote;

- ✚ “To not give up if it gets too hard & keep pushing yourself & have a great time”**
- ✚ “It’s okay to express & be comfortable to relate if you want to and you get to meet new people”**
- ✚ “You have to be patient”**
- ✚ “Stay healthy”**
- ✚ “Pay attention to yourself and your actions, what’s going on in your life”**
- ✚ “You can stop bad habits!”**