

Healthy Steps

Kathryn W. Davis Global Community Scholars Program
Grace Jefferson, Nhyira Johnson & Anthony Stafford

Our Mission

Healthy Steps' mission is to provide the youth of the Yonkers YMCA after school program with a comprehensive artistic education fostering excellence in dance movement and nutrition awareness.



We strongly believe in making dance accessible to everyone. We strive to provide and instill, within the youth, enthusiasm and the desire to have a positive influence within his or her community.

The Yonkers YMCA



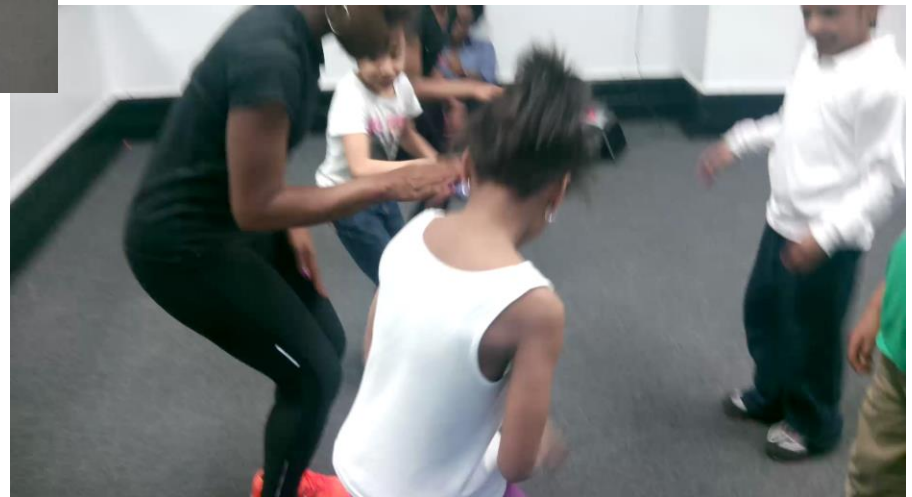
The First Step

- Fill a need
- Create a lesson plan
- Dance



The Next Step

- Warm up
- Choreography
- Stretching



Nutrition Lessons



- Health and fitness lessons

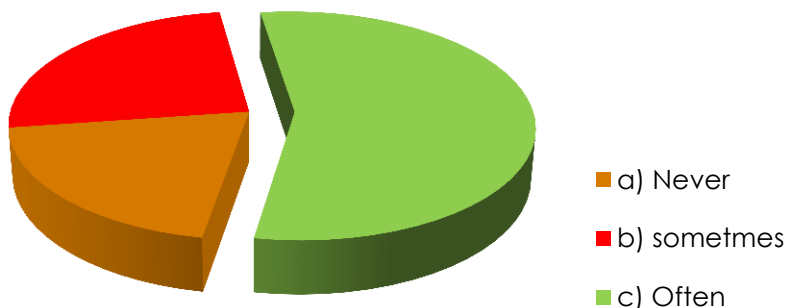
Challenges

- Lesson plans
- Creative activities
- Trust



Physical Activity

How often do you participate in physical activities?



○ Activeness before Healthy Steps

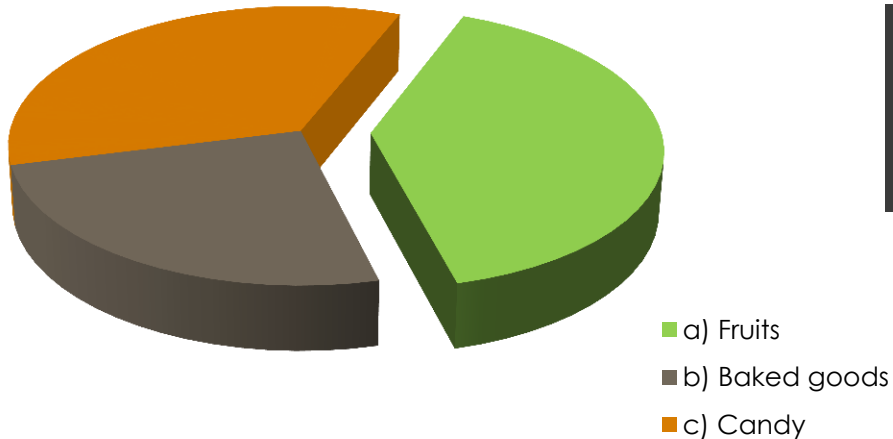
○ Activeness after Healthy Steps

How often do you participate in physical activities?



Favorite Snacks?

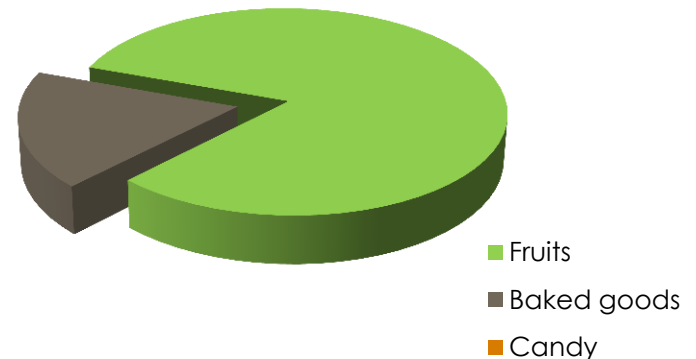
What is your favorite snack?



○ Snacking habits before Healthy Steps

○ Snacking habits after Healthy Steps

What is your favorite snack?



Special Thanks to

- Professor Kent Trickel
- Dr. Lori Maida
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- Sandra Ramsay
- The Yonkers YMCA

Thank you to Mrs. Kathryn W. Davis

Who made this
moment possible!

