



**EAT. EXERCISE. ENGAGE.**

**Changing health education through experiential learning, one gym class at a time.**

***HealthClass2.0 works with over 700 New York City youth each year to promote holistic wellness as a core academic and life competency.***

**What we DO...**

- **INSPIRE** kids to have fun through mindful exercise and healthy eating
- **PROVIDE** each student with a delicious snack
- **EDUCATE** our college leaders on the broader context of their work
- **SELECT** community partners with a commitment to wellness education
- **BUILD** long-lasting relationships with our community partners
- **INSPIRE** kids to understand their power as individual decision-makers
- **BELIEVE** that educating young people to be healthy, confident, and engaged human beings should be core to any serious educational mission

**What we DON'T...**

- scare young people by fanning fears about the dangers of obesity
- list off random nutritional factoids or label certain foods as "bad"
- train HC2.0 leaders to "deliver" static lessons
- partner with all schools who approach us
- parachute in for a semester and then leave
- blame our students and their families for the health problems prevalent in their communities
- see food and fitness education as a "frill" on "real" academic work



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@HC2pt0 on Twitter and Instagram  
[www.healthclass.org](http://www.healthclass.org)**

**HealthClass2.0 is a project of Eugene Lang College The New School for Liberal Arts**