

What is *SPORT*?

***SPORT** is a health & prevention program for youth to improve their physical fitness, nutrition, sleep habits, and avoid alcohol, tobacco and drug use. It was developed and evaluated with funding from the National Institutes of Health (NIH).*

What are the Main Components of *SPORT*?



The main components of **SPORT** include:

- ◆ A brief talk or single lesson about fitness and health with a trained Fitness Specialist, and
- ◆ A series of 4 flyers mailed each week to parents/guardians that contain fitness and health messages to help their son/daughter stay active and healthy.

What are the Benefits of Participating in *SPORT*?

Youth participating in **SPORT** benefit by receiving an innovative health and prevention program aimed at increasing physical activity, improving healthy eating, enhancing sleep patterns, and delaying and reducing alcohol and drug problems among young and older adolescents. This program may result in the achieving personal improvement goals, enhancing overall physical and mental health, and decreasing risks associated with experiencing social and personal problems, injury, illness, and death.



Does *SPORT* Work?

Published research in scientific journals show that **SPORT** has resulted in increases in moderate and vigorous physical activity, reductions in alcohol, cigarette, and marijuana consumption, improved risk and protective factors associated with health behaviors, and may improve other health habits among participating youth.

