



## HEALTHY OPTIONS & PROMOTING EXERCISE WELLNESS POLICY

Childhood experiences, both positive and negative, have a tremendous impact on future health and opportunities. Adverse Childhood Experiences (ACEs) have been linked to chronic health conditions. As the number of ACEs increases, so does the risk for poor health outcomes. The ACE Study has made an important contribution to our understanding of the effects of childhood trauma on chronic health conditions like obesity, heart disease, depression, and more. Research has proven the benefits of physical activity has on trauma. The Villa of Hope is committed to providing optimal care for all youth in our care through our HOPE Wellness Policy by providing our youth opportunities for healthy eating options and promoting physical activity. For more information on Adverse Childhood Experiences please visit,

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

The Villa community commits to HOPE by following these principles:

### Principles of “5210 Be A Healthy Hero”

- ❖ Eat 5 servings of fruits and vegetables
- ❖ Spend no more than 2 hours of TV, playing video games.
- ❖ Get at least 1 hour of active play
- ❖ Drink 0 sugar-sweetened beverages



### Villa of Hope strives to meet the 5210 guidelines in a residential setting.

- ❖ Healthy eating and meeting guidelines through the NYSED Child Nutrition Program.
- ❖ Providing daily recreational activities
- ❖ Strive to keep youth screen time at a maximum of 2 hours
- ❖ Not make sugar and sweetened beverages available

### Villa of Hope staff strive to be a healthy role model for our youth.

- ❖ **Lead and show by example.** Staff eat healthy foods and show the youth they too enjoy a variety of fruit and vegetables. Staff eat, prepare and enjoy meals together with the youth.
- ❖ **Offer the same foods for everyone.** Do not encourage separate meals; encourage eating together as a family.
- ❖ **Reward with attention, not food.** Do not rewards with food.
- ❖ **Focus on each other at the table.** Talk about fun and happy things during meal times.
- ❖ **Encourage physical activity.** Make activities fun, include all the youth.

VILLA of HOPE  
YOUTH & FAMILY SERVICES

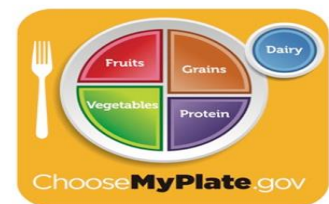
CHECK OUT THE COOL AND HEALTHY THINGS GOING ON AT THE VILLA

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VILLA OF HOPE KIDS, GREECE POLICE PLAY BASKETBALL

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VILLA OF HOPE. THIS IS HOW WE GET MOVING; THIS IS WHY WE GET MOVING - YOUTUBE



### Wellness Committee

Representatives from the entire Villa community help us build a culture of wellness. They plan and coordinate wellness activities for all Villa staff, youth and families.

Join our wellness committee!

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