Network Leaders Learning Circle - Spring 2018
April 25, 2018

www.sdchip.org/initiatives/lemon-grove-heal-zone
Strategy Overview:

Increase Opportunities for more frequent and consistent physical activity in Lemon Grove though community mobilization and resident led advocacy.
Community Advocacy at the School Board Meeting
March 21, 2017 - Lemon Grove Athletic Field
Karen Flores Nuñez, Jasmine Nelson, Linda Contreras
Heal in Lemon Grove Meetup

Lemon Grove Walkaholics at Lemon Grove Academy Field
• 8:30 AM
• Lemon Grove Academy Athletic Field
• 7866 Lincoln Street, Lemon Grove, CA
• We are planning to meet every Saturday at the Lemon Grove Academy Sports Field. Saturday is the day this area is open to the public. Let's enjoy a safe environment to exercise and make sure to bring the whole family!

Learn to Play Tennis
Tell a friend
9:00 AM to 10:00 AM
Lemon Grove Academy Athletic Field
7866 Lincoln Street, Lemon Grove, CA (map)
Our goal is to form a Tennis group. If you are a Novice, come and learn. If you are an expert, please come and teach or mentor a beginner. Or just come for the fun of playing.

Soccer Club at the Lemon Grove Athletic Field on Saturday
All ages welcome!
8:30 am to 10:00 am

Lemon Grove Walkaholics Berry Park Walk
• 8:30 AM
• Berry Street Park
• 7071 Mt. Vernon St., Lemon Grove, CA (map)
• We will meet every week on Thursdays at 8:30 AM for a fun (or serious) walk at the walking path at Berry Street Park. All levels are welcome.

Evening Walk Group
Lemon Grove Park
2271 Washington St, Lemon Grove, CA 91945
5:30pm to 6:30pm
Monday and Wednesday

Free Zumba Class!
At San Altos Elementary every Monday, Tuesday, and Wednesday. Child friendly, as long as they Zumba with You!
6:00pm to 7:00pm
1750 Madera St, Lemon Grove, CA 91945
Healthy Kids Day to Launch #SeeYouSaturday Campaign

Was the launch for #SeeYouSaturday campaign, more than 30 committed volunteers made sure the 300+ attendees were comfortable, engaged and safe!
Outreach by Resident Leadership Team Members
Lemon Grove Athletic Banner and t-shirt Design

See You Saturday!
At the Lemon Grove Athletic Field
¡Nos Vemos el Sábado!
Campo Atlético de Lemon Grove
Come play soccer, tennis, walking, basketball and fitness classes
Venga a jugar fútbol, tenis, caminatas, baloncesto y clases de ejercicio
3131 School Lane, Lemon Grove, CA 91945

Creating a Team:
The true power of teamwork comes from the group's cohesion and combined energies focused on a common goal.
#SeeYouSaturday!

Lemon Grove Community being active at the LG Athletic Field on Saturdays!
Many Residents participate in Free Yoga Rascals classes provided by the LG HEAL Zone. It is a fun and energizing experience for children and adults.
Ongoing Outreach!!

FREE 6-Week Yoga Class

Join the Lemon Grove HEAL Zone
See you Saturday Movement to be Healthy and Active!

Heal Zone Lemon Grove Yoga with Yoga Rascals

Please join Yoga Rascals for a series of 6 yoga classes for the whole family! During the first two classes adults learn basic yoga poses while kids explore fun yoga adventures. For the third class families unite to practice yoga together. Move, laugh, and connect with your loved ones during this family yoga class. Classes 4 – 6 follow the same pattern. Classes are suited for beginners as well as experienced practitioners.

Practicing yoga regularly helps develop flexibility and strength, as well as improve balance and coordination. Additionally, participants learn breathing and relaxation techniques for stress reduction. Take this class and leave feeling relaxed, peaceful, and happy!

Please bring a yoga mat (preferred) if you don’t have a yoga mat, you may bring a beach towel.

Event Details:
- Saturdays October 28 – December 9, 2017
  - No Class Nov 25
- Sign Up Begins: 9/15
- Class Starts: 9/9
- Lemon Grove Recreation Center & LCA Field
- 3151 School Lane, Lemon Grove, CA, 91945
- Family Friendly
- Adults, Children and Teens Ages 4+ preferred
- Free T-shirt after completion of Camp

For more information contact the Lemon Grove HEAL Zone
- 619-942-2104
- infohealzone@sbcglobal.org

Follow us:
- Lemon Grove HEAL Zone
- Join us:
- HEAL in Lemon Grove
New Park Regulations

RLT members conducted environmental scans, IPS created a report and presented it to the City Council. Advocacy Led to
On Tuesday, May 16, 2017 the City Council adopted ordinance No. 445 amending park regulations in response to residents’ concerns about safety.
Tangible and Visible Advocacy
Recreation Advocacy at the City Council Meeting

Many concerned Lemon Grove Residents spoke at the special City Council Meeting on October 10, 2017 to support more youth programs at the Recreation Center as a way to keep our kids safe and healthy.

Next Advocacy Day: April-May 2018
Create the Right Partnerships!

- Spears Academy of Martial Arts
- Innercity Athletics Program
- Yoga Rascals: living healthy & happy
- Sirius Fitness
Create NEW Partnerships!

It is the mission of Sporting San Diego to foster and develop the physical, mental and emotional growth of San Diego youth through the sport of soccer. Sporting San Diego strives to maintain a safe and creative environment where athletes may express themselves on the field without consequence, while staying true to the core values of integrity, leadership, respect and teamwork.

March 2019 Goals

- Recruit and train 25 fitness partners/instructors to offer a regular schedule of a variety of movement/exercise classes up to 5x per week.
- Work collaboratively with lead agencies to ensure ongoing outreach and opportunities meet residents and organizations.
- Create stronger communication within community regarding recreation and PA opportunities.
- Integrate more structured fitness opportunities into Schools and FBO’s.

As a mission-focused certifier, educator, content developer, researcher and representative of over 75,000 health and fitness professionals, building and sustaining relationships that are deeply rooted in meeting the organization’s strategic objectives is where we believe the greatest impact can be had. Learn more about how we collaborate with like-minded organizations.
At the American Council on Exercise, we are committed to ending the obesity epidemic by 2035 and seek partners that share that vision. We are working to accomplish this through a variety of initiatives, including (but not limited to):

- Expanding opportunities for current and aspiring health and fitness professionals to become certified by an NCCA-accredited program, and then continue their education through professional development delivered in person or through modern, progressive technologies and eLearning techniques.

HEAL Zone will Receive:

- 25 ACE Group Fitness Instructor Scholarships (Value: $1,000/each)
- All instruction materials FREE (Initial exam fee included)
- Technical Assistance with trained Fitness Expert to support learning and training of scholarship recipients (Cohort Support)
- Recipients will be required to provide services to the LG Community for a targeted time period with on a no cost/low cost basis
Application Launch and Selection: May 2018

Key Selection Criteria:

- 18 years of age or older
- Established fitness regimen 3-6 months
- Commitment to serving Lemon Grove community
- Areas of focus
- Show up for #seeyousaturday while training
4 pieces of professional exercise equipment has been donated—Where will they go?!