The Kaiser HEAL Initiative

Hollywood High School
Healthy School Partnership

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What the Heal Zone is for me?
Reasons why I went into teaching fitness classes to youth?
The Heal Zone Movement…
Kaiser HEAL Framework…

Environments:
Where We Live, Learn, Work and Play

Sustained by:
Policies

Enhanced by:
Education and Promotion

Improved policies related to healthy eating, active living.

Increased awareness, knowledge, skills, motivation, and utilization.
What I taught & my motivation for it...
Why Fitness?
Stressed? Depressed? Angry?
My Accomplishments!

- Being a Gay Youth
- Being Successful at a young age
- Seen as a Inspiration not as a Frustration
- Overcoming Stereotypes, Addiction, Judgment!
- Helping people as much as I can
- Most importantly fighting for my “Happiness”
ZUMBA @ HHS Open House