# Nutrition and Fitness

The Nutrition and Fitness curriculum is located on the Healthy Eating and Active Lifestyles (HEALs) website within the Job Corps Community Website. The curriculum is designed to make healthy eating and active lifestyles part of a Job Corps student’s life from the time they arrive on center. There are three modules in the training curriculum: *Healthy Eating 101, Move It!,* and *Tying it Together: Body Weight, Body Image and Goal Setting*. The modules contain discussion topics, classroom lessons, computer lab activities, worksheets, and projects.

Center staff members have the option of delivering all curriculum components or choosing which will benefit their students most. Ideally, students will learn about nutrition and physical activity throughout their tenure in Job Corps. To spread the education throughout a student’s stay and to encourage the involvement of multiple staff members, curriculum components have been broken into categories including:

* Cooking 101
* Dormitory Lessons
* Enhancing Education in Academics and Vocational Classes
* Foods and Moods
* How Our Health Choices are Affected by the World Around Us/Advocacy (recommended for use during CTP)
* Orientation
* Physical Education Class
* Weight Management

Additional resources are also available on the HEALs website located here: <http://jcweb.jobcorps.org/HEAL/default.aspx>.