



SOUND BODY SOUND MIND

OUR MISSION

The mission of UCLA Health Sound Body Sound Mind is to promote **self-confidence** and **healthy lifestyle choices** among today's youth.

OUR PROGRAM

UCLA Health Sound Body Sound Mind offers schools a **comprehensive physical education program** that includes:

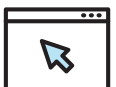
- State-of-the-art fitness centers
- Circuit-based physical activity curriculum
- Nutrition education curriculum
- Professional development for educators

OUR REACH

We have provided resources to more than **145 schools** across Los Angeles, impacting more than **180,000 students** every year. We prioritize our support to communities that have significant health disparities and where access to fitness and wellness resources is limited.

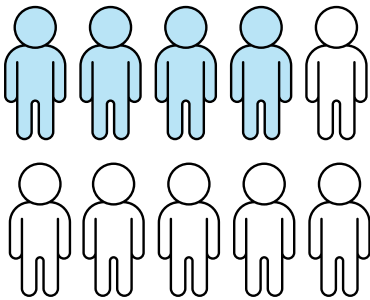


TO LEARN MORE: Please visit www.uclahealth.org/soundbodysoundmind or contact us at sbsminfo@mednet.ucla.edu.



SOUND BODY SOUND MIND

THE PROBLEM



4 IN 10 CHILDREN
in Los Angeles are
obese or overweight

Under-resourced
communities are
disproportionately
impacted, putting children
at increased risk for:



ONLY
24%
OF CHILDREN
6 TO 17 YEARS OLD
participate in the
recommended **60 minutes**
of physical activity every day

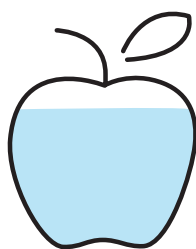
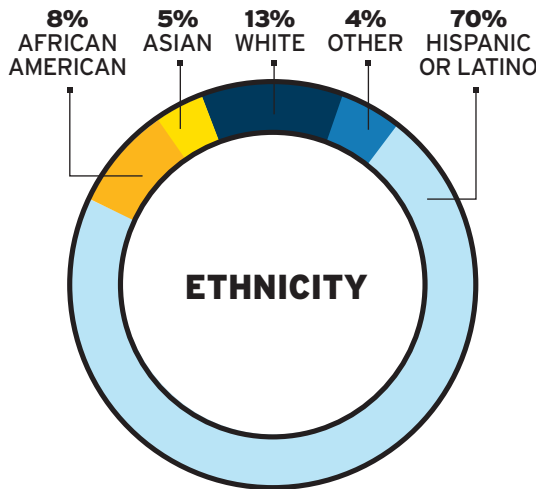
OUR IMPACT

We serve
LOS ANGELES

145+ SCHOOLS IN
LOS ANGELES

6 SCHOOL
DISTRICTS

180,000+
STUDENTS



77%
of students at SBSM
schools qualify for
**free or reduced-
price lunch**

THE RESULT

After implementing our
program for an eight-week
period, we observed an
average increase of

51.3%

in student passing rate
on the FitnessGram
assessment

Students report measurable
improvements in:



OVER
\$7,000,000
invested in Los Angeles-
area schools

UCLA Health

Sound Body Sound Mind