

I Can Do It, You Can Do It! Program

***The Program involves a Mentee
and a trained Mentor.***

***Working with their Mentors, Men-
tees choose their own physical
fitness activity and nutritional
goals to achieve in the 8 week
Program.***

The Program is:

- ***Inclusive***
- ***Voluntary***
- ***Rewarding***
- ***Free***

Get Fit!



Eat Healthy!



Have Fun!



I Can Do It, You Can Do It!

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I Can Do It, You Can Do It!



Program Overview



***A Physical Fitness
and Nutrition
Mentoring Program***

Phone: 202-260-0913

About the Program

I Can Do It, You Can Do It! is a 8 week Program in which a youth with physical or cognitive disabilities works with a trained Mentor to:

- Increase their knowledge about the **value** of physical activity and good nutrition;
- Increase their knowledge about physical activities they can do and how to make better nutritional **choices**; and
- Increase their physical activity and **change** their eating **habits** to reflect better nutritional choices.

Mentees

(Youth with disabilities)



Mentees have a **desire** to be healthier through physical activity and nutrition and have a 6th grade reading and comprehension level.

Also, they **meet with a trained Mentor** at least one hour a week for 8 consecutive weeks.

Mentees are able to obtain a completed medical **release** form from their primary care provider.

Sponsoring Agencies

Each Sponsoring Agency appoints an Agency Coordinator to coordinate *I Can Do It, You Can Do It!* Agency Coordinator responsibilities include:

Recruiting Youth with Disabilities

- Disseminating information about the Program
- Ensuring online registration and other Program forms are completed

Recruiting, Training and Supporting Mentors

- Ensuring potential Mentors, who are adults 18 or older with or without disabilities, complete Mentor registration forms
- Ensuring qualified Mentors have successfully undergone a criminal background check
- Interviewing qualified Mentors and providing Mentor training and materials
- Supporting Mentors for the Program's duration

Coordinating Technical Support

- Providing computer access to Mentees who need it to complete Program forms
- If a computer with Internet access is not available, alternative arrangement can be made



Get Fit! Eat Healthy! Have Fun!

Assistance

Agency Coordinators and Mentors have access to these pre-developed materials:

- Program Manual
- Mentor Manual
- PowerPoint Training
- Recruitment Flyer Templates
- Program Overview Brochure

Frequently Asked Questions

Program Forms

Question: Can youth with cognitive disabilities and 6th grade comprehension level participate in the Program?

Answer: Yes, as long as they understand questions on the Program forms that are at a 6th grade comprehension level. They may have questions read to them.

Mentors and Mentees

Question 1: Do the Mentor and Mentee have to meet "in-person" weekly?

Answer: No, Mentors and Mentees could connect through email or phone if the weekly meeting has to be canceled.

Question 2: Can a Mentor work with more than one Mentee?

Answer: Yes, but Mentors must meet with each Mentee separately.