

# Youth with Disabilities

Get Fit! Eat Healthy! Have Fun!

Be in the *I Can Do It, You Can Do It!*  
Physical Fitness and Nutrition Mentoring Program

You could be a *I Can Do It, You Can Do It!* Program Mentee if you,

- ⇒ Want to be healthier (physical fitness and nutrition)
- ⇒ Are available at least an hour once a week for 8 consecutive weeks to meet with a trained mentor
- ⇒ Have at least a 6th grade reading and comprehension level (to complete program forms)

## What is *I Can Do It, You Can Do It!* ?

- Program goal is to improve the health of American youth with disabilities by encouraging them to become more physically active and make better nutritional choices.
- Sponsored by the Department of Health and Human Services, Office on Disability.
- Program matches youth with disabilities (Mentees) with Mentors who meet with them on a regular basis for an 8-week period.



Be in the *I Can Do It, You Can Do It!*  
Physical Fitness and Nutrition  
Mentoring Program

Contact:  
Address:

Phone:  
Fax:  
E-mail:

Achieve a healthier lifestyle with the help of a trained mentor!