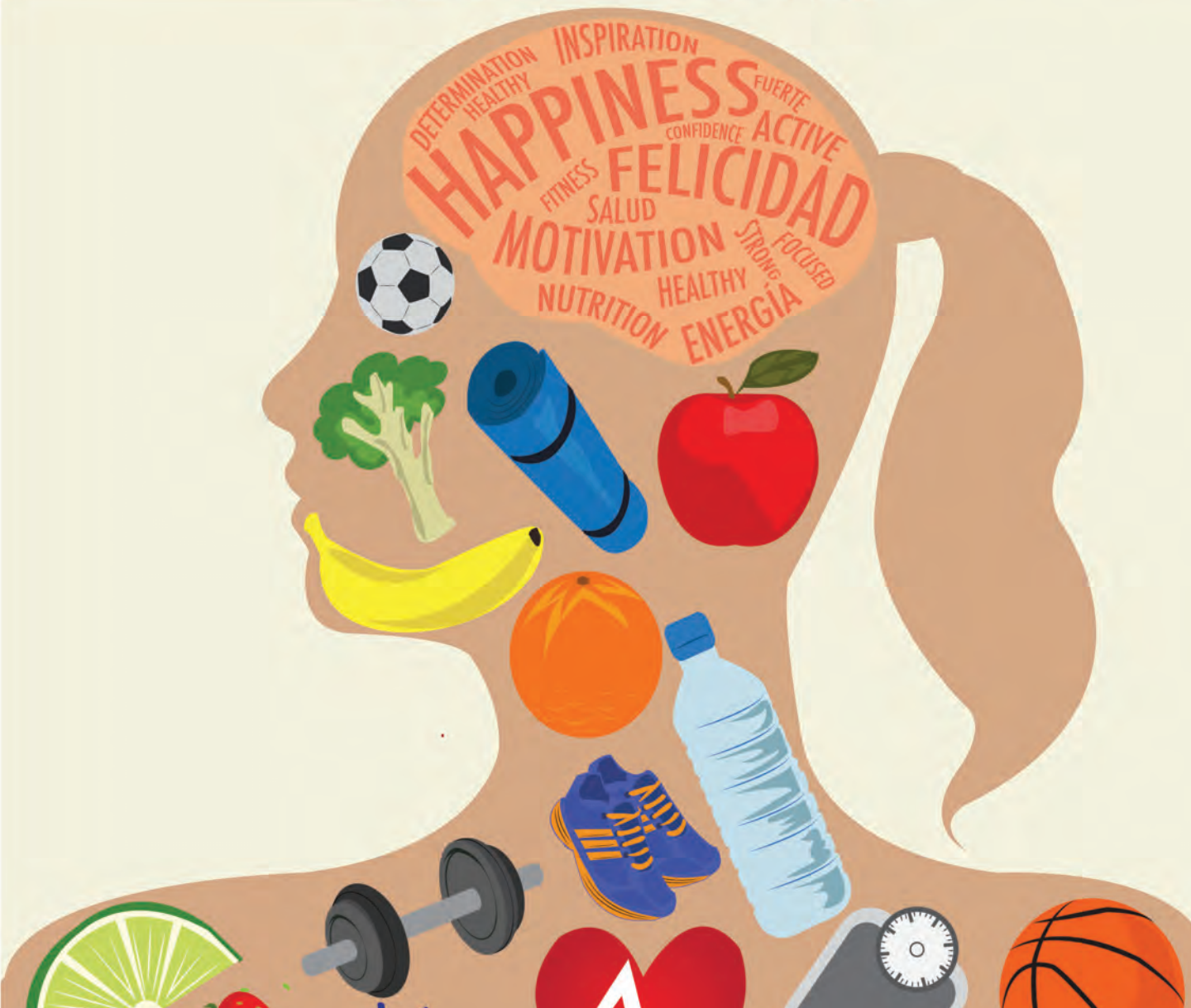


CULTIVATING

HEALTH

EDITION 1



CULTIVATING HEALTH

EDITION 1
APRIL 2016

INTRODUCTION

BY DAYANIS LÓPEZ-REYES AND
JOANNA JACOBO EL NUEVO SOL



PROFILES



**MARISOL DÍAZ
AND 100 CITIZENS
TO CONQUER
L.A. AND CALIFORNIA**

By Zulay Saldaña



**THE MODERN COMMUNITY
WARRIOR: ADVOCATING
FITNESS IN THE
SAN FERNANDO VALLEY**

By Lauren Reyes



**WITH "100 CITIZENS,"
KINESIOLOGY STUDENT
ADVOCATES FOR HEALTHY
LIVING AMONG SAN FERNANDO
VALLEY RESIDENTS**

By Naomi Ogaldez



**STUDENT HELPS OLDER
PEOPLE TO REMAIN
INDEPENDENT**

By Nancy Oy



**KINESIOLOGY
STUDENTS CREATE
THEIR OWN CAREERS
WITH 100 CITIZENS**

By Sarah Stevens



**STUDENT MOTIVATES OTHERS
TO EXCEED THEIR PHYSICAL
HEALTH LIMITS**

By Nicole Frost



**NOW IT'S MY TURN TO
IMPROVE MY HEALTH**

By Nathaly Alcalá



**LILIA CÁRDENAS: WE SHOULD
TAKE CARE OF OUR HEALTH
NOW, NOT WAIT UNTIL WE
ARE SICK**

By Jorge Reyes Salinas

TABLE OF CONTENTS



92

JOSÉ MONTELONGO: A MAN WHO GIVES ONE HUNDRED PERCENT

By Zulay Saldaña



94

RETIRED WOMAN LOSES MORE WEIGHT IN THREE MONTHS THAN IN ONE YEAR

By Karina Garibaldi



96

WOMAN FIGHTS TO CHANGE HER EATING HABITS TO DEFEAT DIABETES

By Laura Camelo



98

CSUN 100 CITIZENS PROJECT IN STORIFY

By Joanna Jacobo

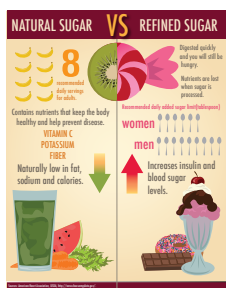


100

FOR THE PHYSICALLY DISABLED, ACCESS AND AFFORDABILITY CAN LIMIT FITNESS OPTIONS

By Pilar De Haro

INFOGRAPHS



81

NATURAL SUGAR VS REFINED SUGAR



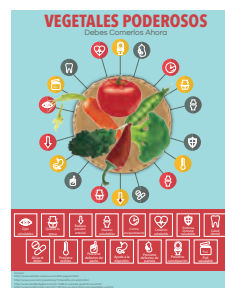
89

HIGH BLOOD PRESSURE



108

STAY HYDRATED



110

POWERFUL VEGETABLES

MAPS



84

LA CRESCENTA VALLEY PARK MAP



102

CANOGA PARK/ LANARK RECREATION CENTER



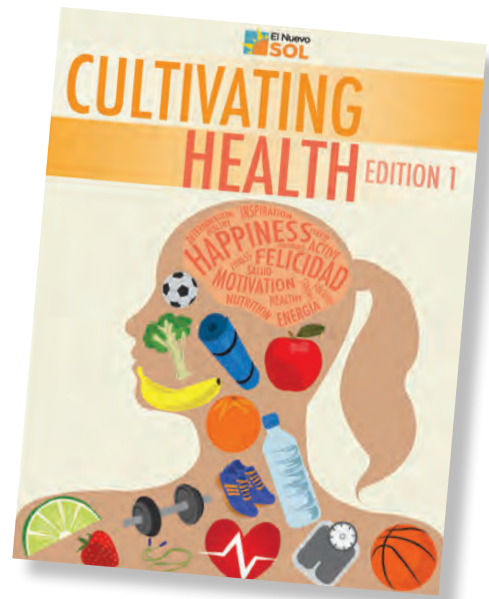
104

SAN FERNANDO VALLEY PARK MAP



106

EL CARISO VALLEY PARK MAP



“CULTIVATING HEALTH” VOLUME ONE BY DAYANIS LÓPEZ-REYES AND JOANNA JACOBO

Cultivating Health is the first bilingual book created by students in the journalism and graphic design departments at California State University Northridge (CSUN). This digital book documents the journey of low-income residents of the Los Angeles County and their path to choosing a healthier lifestyle through a free fitness program, 100 Citizens. It is through this assistance, promoted by select staff and students from CSUN's Kinesiology Department that hundreds of people in these communities have improved their health and of their families.

We place our own health and physical well being at the end of a long and busy list, a bad economy, high levels of stress, busy schedules, long commutes, and an interminable number of other personal issues. The media make us believe that the problem is only an individual issue where every person is responsible for taking care of their body, or have resigned themselves to see it deteriorate and weaken, ensuring the spread of a number of diseases that could become chronic and terminal.

A simple solution, right? Maybe for a person who earns an income that

stands above the poverty level, or for someone who has enough free time, health insurance and lives in a community where easy access to healthy food and green spaces is a given.

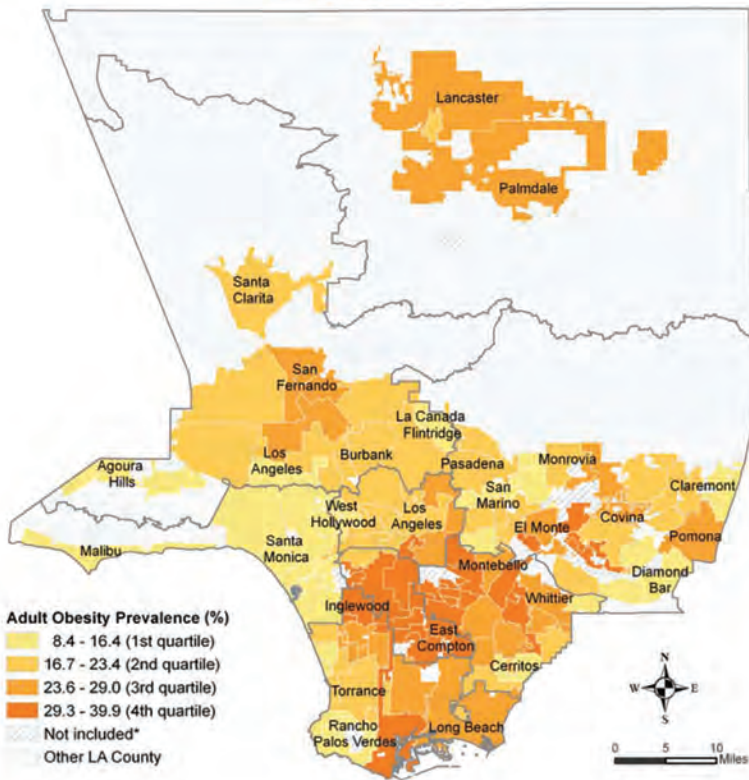
However, the chances of this being available in low-income communities in Los Angeles are slim to none; many of these areas are inhabited predominantly by Spanish speakers and therefore, lack reliable information regarding their health. For these communities, the gyms are a luxury expenditure. A simple example is the cost of a monthly family membership to YMCA: about 90 dollars per month. Families would have to decide between buying food or paying rent in order to be able to strip off the extra price for a gym membership. This is particularly true for 18 percent of residents in the Los Angeles County living below the poverty level, according to the Census Bureau. The creation of 100 Citizens offers a solution for a systemic problem for low-income residents that inhabit the most populous county in the United States. The goal of this program is to help individuals lose weight which includes sustaining a healthier lifestyle in all aspects of life: preventing diseases such as

type 2 diabetes, hypertension, heart diseases and other illnesses caused by overweight and lack of physical activity.

In 2011, the Los Angeles Public Health Department published the article, “Obesity and Related Mortality in Los Angeles County,” which notes that the “adult obesity prevalence varied considerably across cities and communities, with the lowest in San Marino (8.4 percent) and the highest in East Compton (39.9 percent). The article demonstrates how higher obesity prevalence is generally found in cities and communities with greater economic hardship. Although areas with high adult obesity rates appeared to concentrate in certain geographic locations, the prevalence of obesity sometimes varied greatly among different cities in the same Service Planning Area.”

California has the largest number of people in the country who have been recently diagnosed with diabetes, according to a report by the Diabetes Coalition of California (DCC)—a group formed by individuals and organizations devoted to the prevention, recognition, and reduction of the adverse personal and public impact of diabetes in the state's diverse communities. In

Figure 1: Adult Obesity Prevalence by City and Community, Los Angeles County, 2007



OBESITY PREVALENCE BY CITY AND COMMUNITY, LOS ANGELES COUNTY, 2007. DEPARTMENT OF PUBLIC HEALTH

2007, almost 18 million (29 percent, or nearly 1 in 3 adults) in California were pre-diabetic, a condition that often culminates in type 2 diabetes.

The same report adds that in California, the average annual cost for the care and treatment of diabetes is more than 24 billion dollars a year. A survey

conducted by The Pew Research Center in 2006 reported that “75 percent of the respondents say that they are not getting enough exercise and 50 percent say they are overweight because of the kind of foods they find at the grocery stores or restaurants.” This digital book places a face to the health issue of physical inactivity by documenting the stories of some of the participants of 100 citizens. This ebook is meant to help bilingual communities in Los Angeles learn more about a program that offers a low cost solution to a systemic problem. Currently, this program is carried out in four public parks in the cities of San Fernando, Sylmar, La Crescenta, and Canoga Park.

Under the leadership of Steven Loy, creator of the program and professor of kinesiology at CSUN, the program has

seen an increase not only in participants and instructors, but also in the number of parks involved: from one at the beginning in the summer of 2013 to four in the spring of 2015.

The participants’ goals are to lose 5 to 7 percent of their initial weight before they start doing the program, which is conducted for 12 weeks beginning every spring semester. Likewise, CSUN college students, many of them members of these communities, have contributed their expertise and time to help improve the health of low-income communities public: cultivating health. Their fitness knowledge, their capacity of leadership and their passion are providing a solution to the health problems of the city.

Aside from the personal advantage that participants receive, students who partake in the program as instructors also benefit as they earn hours of hands-on experience while taking on the tasks that engulf their profession, kinesiology, by helping others in their community. This project therefore encourages the creation of jobs that will give these kinesiology professionals employment in public parks and departments of health, working with people who need their knowledge and helping solve a problem that affects California and the nation.

This book has collected testimonies that show several participants and student-instructors of 100 citizens on how this programs has changed their lives, serving as proof that in order to be healthy, stay active and promote appropriate nutrition in a low-income community is not an other-worldly concept, but is one that must be fought for in conjunction, collaboration from all individuals that are able to contribute to their society.

For over a year, students of the Spanish-language journalism program at CSUN have collected stories and statistical information to create the first volume of Cultivating Health, in the hopes that this documentation serves as a starting guide for other communities to take action and promote a more dignified way of living.

Let’s get moving!



LAURA CAMELO INTERVIEWS ON THE “100 CITIZENS” PARTICIPANT AT SAN FERNANDO PARK. FOTO KAREN MELINE GUZELIAN / EL NUEVO SOL



"I WANTED TO MAKE A DIFFERENCE, SAID KINESIOLOGY GRADUATE STUDENT MARISOL DÍAZ. "I LIKE MOTIVATING PEOPLE TO BE PHYSICALLY ACTIVE SO THEY CAN IMPROVE THEIR HEALTH." PHOTO: ZULAY SALDAÑA / EL NUEVO SOL.

MARISOL DÍAZ AND 100 CITIZENS TO CONQUER L.A. AND CALIFORNIA

Por ZULAY SALDAÑA LÓPEZ

For Marisol Díaz, helping people to be physically active has been more than a passion, it has become a personal long-term goal.

When Díaz, 26, started her education at California State University Northridge in 2006, she was pursuing a career in Sociology but soon her path took a different direction.

"I was interested in kinesiology since I was in high school, [but] I didn't know how much I was drawn to it," Díaz said.

Then, in 2012, Díaz came across the 100 Citizens Outdoor Fitness Program in the San Fernando Recreation Park.

"I saw a flyer that asked "Do you like working with a senior group?," she said.

"That drew my attention and I decided to go to the San Fernando Park and learn more about the program."

There, she discovered her true calling. In her sophomore year, Díaz switched her major to Kinesiology.

"I wanted to make a difference. I like motivating people to be physically active so they can improve their health," said Díaz.

After volunteering with 100 Citizens as a student instructor in the summer of 2012, Díaz became the instructor for the senior class, and is currently the program director.

Now, as a graduate student in the Department of Kinesiology, she wants to

replicate the success of San Fernando in Canoga Park and expand 100 Citizens to other CSU campuses statewide.

Díaz's work is part of a larger expansion planned by the founder of the program, CSUN Kinesiology professor Steven Loy. The program is currently being offered in Sylmar, La Crescenta and Canoga Park, where members of the community are taking advantage of the free fitness program.

"Everything [in the program] is well organized, and it would be good to replicate this program in other cities because being healthy is very important to people," said Jessica Vásquez, 28, participant of the 100 Citizens in Lanark Park, located in Canoga Park in the San Fernando Valley.

Vásquez has participated in the program for two months and says she has missed only three sessions.

Alma Bernbal, 38, another participant, highlights the family friendly environment of the program. "As a mother, I can bring my children with me to the exercise class. It would be a great opportunity for other communities to have this type of program," Bernbal said.

As program director of 100 Citizens, Díaz is in charge of the administrative work, including the supervision of student interns and making sure they are completing their hours within the semester.

Díaz helped expand the 100 Citizens program in Lanark Park as part of her work towards a graduate degree. “We had to get in contact with the City of Los Angeles Department of Recreation and Parks and with the West Valley Park supervisor,” Díaz said. “He [the park supervisor] was the one that made the effort to collaborate with us.”

Díaz also oversees the marketing component to promote the program.

Other universities in the California State University system have expressed interest in this program. Díaz says she has had some positive responses and questions from some Cal State universities, such as Cal State Pomona and Cal State San Marcos. “Some schools have informed us that they have already located a park and want to know what the next step is,” said Díaz.

Professor Loy, 59, describes some of the benefits of the entire Cal State University system in implementing 100 Citizens throughout the state. “The CSU as a

whole can benefit,” said Loy. “If there is the publicity that there is a program that is provided for the community at no cost, that is a good reflection on the university.”

“Kinesiology students will continue to be key figures in implementing and replicating the program to other CSUs because they are the ones who run the program and gain experience,” said Loy. And Díaz agrees. “Kinesiology students benefit from this program because they are applying their education, they are

“ Kinesiology students will continue to be key figures in implementing and replicating the program to other CSUs because they are the ones who run the program and gain experience ”

improving their communication skills and understanding what is required to make a program successful,” said Díaz.

Also, she believes the community gains something positive.

“It’s a win-win, students gain job experience and community members learn how to exercise and about nutrition,” she said. “Community members then take this information to their home and it becomes part of their culture to be physically active.”





THE MODERN COMMUNITY WARRIOR: ADVOCATING FITNESS IN THE SAN FERNANDO VALLEY

By LAUREN REYES

As a fitness trainer with the 100 Citizens Program, kinesiology student Jhennylyn Rivera uses her experience in physical fitness education towards helping underserved communities improve their health and well being.

Initial requirements for the kinesiology option at California State University Northridge involved completing a total of 150 hours as a fitness trainer with the 100 Citizens Program through an internship program. By the end of the internship, Rivera had surpassed the requirement and completed close to 300 hours with citizens of the San Fernando Valley.

Currently as a senior at CSUN, Rivera is a recreational services leader at El Cariso Park in Sylmar, California. The Los Angeles Department of Parks and Recreation hired her for this permanent position at El Cariso Park.

Rivera's philosophy can be expressed by the following, "Our goal is to share what we have learned in school with our community and to promote a healthy lifestyle to the citizens," said Rivera. "The great need for these kinds of resources in the community empowers us to get the program going," she said.

The 100 Citizens Program, which began in the city of San Fernando in 2010, provides participants with free exercise and health education under the guidance of student interns like Jhennylyn.

According to Rivera, the most common health issues participants struggle with are diabetes and obesity. Often times these two issues intertwine as obesity increases the risk of developing diabetes and visa versa, as stated by the 2007 Los Angeles County Health survey.

Diabetes rates among Latinas/os are the highest amongst other ethnic groups in Los Angeles County as noted in the survey conducted by the Los Angeles County Department of Public Health. Additionally, households below the federal poverty level experience a greater increase in developing diabetes.

"Today we have a battle against obesity that's the war, we [trainers] are the warriors and as long as the epidemic is present we are going to be here and we are going to feed from that need, in order the strengthen the program," she said.

The 100 Citizens Program at the San Fernando Recreation Park, offers an educational course specialized in diabetes prevention where participants engage in group discussion about meeting realistic goals and moderating diet and exercise plans to fit individual health needs.

The free fitness program has flourished since its onset and is now offered in four different park locations residing in the cities of San Fernando, Canoga Park, Sylmar, and La Crescenta.

According to the 2010 Census about 92.5 percent of the population in the city of San Fernando are of Latina/o origin. Furthermore, as of 2008-2012, 35.9 percent of residents classify themselves as foreign-born and 18 percent of the San Fernando residents live in poverty.

Retiree, Yvonne Rodriguez, acknowledges how the support given by trainers like Jhennylyn makes the workout process easier. Also, the accessibility of the program enables those who come from low-income backgrounds the ability to live a healthier lifestyle.

JHENNYLYN RIVERA: "OUR GOAL IS TO SHARE WHAT WE HAVE LEARNED IN SCHOOL WITH OUR COMMUNITY AND TO PROMOTE A HEALTHY LIFESTYLE TO THE CITIZENS." EL NUEVO SOL.

"I love that it's better than a gym. I didn't know what I was doing half of the time and I couldn't afford the trainers but here its individual. They [trainers] come up to you and modify the exercises; they are patient and explain it to you. They cheer us on and give us inspiration," said Rodriguez. "A lot of us live on fixed incomes, it's very beneficial to us financially." Rivera values the importance of providing assistance to the public through free access and she has noted considerable improvements in the lives of these residents. The citizens are the most important aspect in developing and expanding the program.

"The program would not be there without our participants," said Rivera. "The good relationship and camaraderie between our students, our leaders, and our participants keeps our program going." Originally from the Philippines, Rivera herself has endured financial hardships in order to pursue her academic career.

At the age of 16, Rivera and her family immigrated to the United States from the Philippines after her mother and father visited the country as tourists.

Rivera did not initially want to move to the U.S. as a teenager. Her mother made the decision to make the move in 2007 and obtained an employee visa. It wasn't until another couple of years that the family obtained permanent residency. At the onset of her studies, Rivera allocated her student loans towards her family's business in order for it to succeed. She supported her student finances through working several part time jobs including being a music instructor to children. Rivera is now in charge of organizing various new fitness programs, as a recreational services leader for the Sylmar community in addition to managing new interns and aiding new participants transition into the program.



“ Today we have a battle against obesity that’s the war, we [trainers] are the warriors and as long as the epidemic is present we are going to be here and we are going to feed from that need, in order the strengthen the program”

After her undergraduate career she plans on pursuing a master's degree in physical or occupational therapy, while continuing to work for Los Angeles County Parks and Recreation. She has currently worked there for about a year.

Rivera has also recently implemented additional fitness programs for other

groups in the community such as a chair exercise class and a walking program to aid seniors in promoting balance and to prevent falling. She hopes to continue to initiate and implement new ideas for Sylmar community members and is currently promoting a children's fitness class.





"THE REASON I WANT TO DO THIS TYPE OF CAREER IS BECAUSE IT ALLOWS ME TO HELP PEOPLE AND EDUCATE THEM ON HOW TO BE HEALTHY," SAID JASSO. PHOTO BY NAOMI OGALDEZ / EL NUEVO SOL.

WITH "100 CITIZENS," KINESIOLOGY STUDENT ADVOCATES FOR HEALTHY LIVING AMONG SAN FERNANDO VALLEY RESIDENTS

By NAOMI OGALDEZ

Kinesiology student Jazmyn Jasso wants to change the high prevalence of diabetes in Los Angeles County by working alongside a team of fellow students in the 100 Citizens program. The free service, sponsored by the Kinesiology program at California State University, Northridge, provides San Fernando Valley residents with resources for weight loss and eating healthy.

When Jasso was 12-years-old, she went to a water park and saw children laughing and playing with animals in a dolphin pool. She wanted to enjoy that same experience, but was told it was a therapy session limited to only seniors and the disabled.

It was a surprise to see people being taken out of the pool with patient mobility machines with huge smiles on their faces, Jasso said. "How is it possible that despite their limitation they can find a reason to smile?"

Jasso, 23, will graduate from California State University, Northridge this year.

The experience in the pool was an epiphany for her. "I knew I wanted to help people improve their health and stay healthy," Jasso said. "I realized that helping people is better than giving them materialistic things, and that's what prompted me to want to be a health provider. By doing so, I can give them

hope and the courage to believe they have the power to rehabilitate and become healthy again."

Jasso is a student-instructor of the "100 Citizens" Outdoor Fitness Program, the only free program that focuses on diabetes prevention in the San Fernando Valley. Each participant is assigned to a group that corresponds to their physical capacity. They also receive free workouts and nutrition education.

The program allows Jasso to empower people to adopt healthy habits that prevent illness and overcome physical limitations. Jasso has helped many participants by encouraging them and helping them morally. Jasso's enthusiasm has convinced uncertain residents to stick with the program.

"When I started the program, I lost four pounds, but in a few days I gained two," said Ana Bernal, 46, a program participant and resident of the city of San Fernando. "I became discouraged, and no longer wanted to come to



the program because I did not lose the pounds I wanted, but Jazmyn encouraged me to continue.”

Jasso says that she has grown fond of the participants.

“I treat participants as if they were my family, and I try to have fun in the program,” Jasso said.

Many participants say Jasso is her favorite instructor.

“Many of the participants gravitate more towards Jasso, compared to the other instructors because she is more personal and builds relationships with us,” said María Lucía González, 50, a program participant. “Her charisma is exceptional.”

With a big smile on her face, Jasso creates a friendly atmosphere, participants said.

“When we can not do the exercise, she creates alternatives for us,” says Gonzalez, a resident of San Fernando Valley.

In addition helping people stay healthy, Jasso says the program has made her a better person.

“I’m teaching them about healthy eating habits, but I also have learned more about healthy lifestyles, and it has helped me to eat healthier,” said Jasso.

Jasso wants all of her participants to develop a healthy lifestyle, but knows how difficult it is to accomplish.

“ I realized that helping people is more better than giving them materialistic things, and that’s what prompted me to want to be a health provider ”

As a child, Jasso was very active in sports, participating in intense exercises on a daily basis. She played basketball and danced folklórico, but after she graduated high school, she stopped exercising. She began gaining weight and struggled to lose it. As a result, she decided to study nutrition in order to develop healthier eating habits.

Jasso’s end goal is to decrease the high prevalence of diabetes in the Los Angeles County through the program, and to provide a free service to San Fernando Valley residents that helps them lose weight and eat healthy.

At the end of the morning session,

approximately 60 participants gathered around Jasso as she divided them into groups and challenged them to lose a few pounds in the next six weeks.

“If participants lose 5 to 7 percent of their weight, it will help them reduce their chance of developing diabetes by 50 percent,” said Jasso.

Jasso said she is proud of her team and wants to see the program grow and expand throughout California.

“I hope we have more funds to continue the program because it has helped my community and I.”



STUDENT HELPS OLDER PEOPLE TO REMAIN INDEPENDENT

By NANCY OY

Ángela Cedillo's grandparents were an instrumental part of her upbringing, especially her grandmother. Cedillo, 26, grew up in a single-parent home where she was often in the care of her disabled grandmother while her mother worked.

Her grandmother's brain tumor, ovarian cysts and other health related issues limited her ability to work and at times caused her to fall. On most days it was only Cedillo at home with her grandmother.

Her grandmother had a stroke and couldn't move after falling for the third time.

"I felt impotent," Cedillo said. "Not only because I was very young, but because I felt, in that moment, that she had already fallen before so I should have been prepared."

Her grandmother stayed in the hospital for a while before being able to return home. Her mobility and functions became more limited after the incident. Thereafter, Cedillo was responsible of taking care of her grandmother every evening after school.

"My grandmother would get angry. She would say, 'I can do whatever I want,' but she couldn't function well. She could barely walk and that frustrated her. My mother treated her like a baby. In that moment, I realized my grandmother's health had a lot to do with the quality of her life," Cedillo said.

After a while, her grandmother began to attend physical therapy. Cedillo had no one to take care of her so she would accompany her grandmother to the therapy sessions.

"[The therapist] was impressive," Cedillo said. "She was gentle with my grandmother, but she asked more of her. She knew my grandmother was strong. She found a way to relate to my grandmother's personality. At the end of the therapy sessions, my grandmother was able to wash her own clothes, again. When I saw [my grandmother] I thought 'Wow! She would have never been able to do this alone.' She needed someone to motivate her."

Cedillo's grandmother died a year later, but Cedillo was happy her grandmother, in her last year, was able to do things on her own. She remembers the smile her grandmother had when she washed her own clothes.

"It sounds simple, but that has always resonated with me," she said.

This was the first time she thought about how the work of a therapist helps others.

Years later, after graduating high school, Cedillo went directly to work to make money. That was her goal at first. However, in one of her jobs she had an accident in her hand that involved the need to see a physical therapist.

"When I was there the therapist was incredible!" she said. "She was a white woman but spoke Spanish well. She reminded me of the therapist that helped my grandmother. She would tell me 'Let's go, don't tell me you can't do it.' She reminded me of something I hadn't thought about in a long time."

Cedillo decided to study kinesiology because of this experience.

SHERRY RODRÍGUEZ, 72 YEARS, DOING EXERCISE IN THE BASKETBALL COURT. SAN FERNANDO PARK.
PHOTO: NATALI CASTILLO / EL NUEVO SOL

She selected geriatrics as her specialty because of the close relationship she had with her grandmother. She wanted to focus on older people who have been victims of stroke and heart attacks.

Cedillo joined the 100 Citizens program as a student-trainer to gain more experience working with the elderly. The 100 Citizens program helps the elderly participants improve their way of living with diabetes prevention and exercise classes.

In the program, Cedillo works with other student-trainers that help in leading the elderly and other participants in group exercises.

"I think Ángela, as a student-trainer, has a lot of strengths," said Leslie Moreno, director of the program. "Ángela does an excellent job explaining the exercises to the participants. She relates it in a way that they understand."

Steven Loy, a professor of kinesiology at California State University, Northridge (CSUN) began the 100 Citizens program three years ago. The program is coordinated by students from the kinesiology department at CSUN in the San Fernando Recreational Park.

"I like the 100 Citizens program because I am working with the grandmothers and grandfathers of people," Cedillo said. "I don't have a connection with adults or children. With adults, I feel bad to tell them to hurry up. With children, I feel bad telling them to run in circles. With the elderly, I feel something special. I like it. I have compassion. I see my grandparents in them. My grandfather is still alive. He's survived two heart attacks. I see him in them."

"She makes an effort to talk to each participant individually to get to know them better," Moreno said. "She is a great instructor because she goes beyond what she is asked to do. She has great enthusiasm and she creates a fun and motivating environment for the participants. They truly enjoy having her there."

Leonor Pacheco, 70, resident of Pacoima and a member of the program said Cedillo is marvelous.

“I think people are increasingly conscious that they have the power to decrease the risk of metabolic and cardiac-respiratory diseases. They are talking the necessary steps to improve their lives”

"She makes us feel good and she helps the elderly like me. She's a good person and very happy. She has a good vibe and is sweet," Pacheco said.

Cedillo was born and raised in the City of San Fernando. She is the only of four children to attend college. She grew up in a religious family, attending church two to three times a week until she was 16.

Two of her favorite pastimes are traveling and listening to music.

"I can drive many hours without needing a break," she said. "I've driven all the way to the motherland, Mexico, and to Nevada for an event called 'Burning Man.'"

She has also traveled to Washington, Hawaii and plans to visit Switzerland in

2015. Cedillo said the love of traveling long distances by car, singing and dancing in the car made her love traveling by road. However, she also loves to fly. Her boyfriend gave her flying lessons for their four-year anniversary.

Aside from traveling, she loves listening to music. Since graduating high school, she wants to attend as many concerts as possible. So far she has attended 50, including one where she went to see ACDC.

Before attending CSUN, she attended Los Angeles Valley Community College. There she took few classes per semester. She said those were her rebellious years, but the classes she did take prepared her for CSUN. Now, she is in her last year and plans to graduate in fall 2014.



KINESIOLOGY STUDENTS CREATE THEIR OWN CAREERS WITH 100 CITIZENS

By SARAH STEVENS

It is 6:30 AM on an unusually cold Friday morning at El Cariso Community Regional Park in Sylmar, CA. The grass still covered in frost, and the sun is not even up yet, as people from the community gather for their morning exercise class. This particular class isn't just any ordinary workout ran by professional instructors, it's a form of community service ran by kinesiology students from California State University, Northridge (CSUN). These students are investing time in the community, but they're also making a valuable investment to their futures.

They are part of the 100 Citizens program developed by Professor Steven Loy at CSUN, as a way to both improve the overall health and physical fitness of underserved Los Angeles communities, and create future jobs for local CSU Kinesiology students who are a part of an increasingly popular major.

The American Kinesiology Association named Kinesiology one of the fastest-growing majors, and in 2014 it became the most popular at CSUN, with a total of 2,266 students.

Molly Lasika, 27, a CSUN alum is all too-familiar with the struggle to find employment in her field. After graduating in 2011 with her B.A in Kinesiology, she found herself unemployed as many recent graduates do. Lasika grew up with a fascination for physical fitness at a very young age and had high hopes of becoming a personal trainer. After seven months of struggling to find a position, she landed a job at 24 Hour Fitness—but not as a trainer, as a front desk receptionist.

"At that point I was just happy to be hired somewhere," says Lasika, "and at least closer to the position I wanted, but I did

begin to have doubts and considered applying for jobs outside of my desired field." After working the receptionist position for eight months, she decided to move back to her hometown of Sacramento and pursue her Masters in Kinesiology at California State University, Sacramento.

"I decided to pursue my Masters because I felt like it would give me an advantage against other applicants when applying for jobs," she said. "My father would constantly remind me of his favorite quote, 'if you don't build your own dream, someone else will hire you to help them build theirs,' I felt like my life was slowly creeping up to the latter, in order to prevent myself from giving up I decided instead of relying on someone else to make my dream happen, I should just do it myself. It was then I set out to pursue a new goal of starting my own personal training business."

Lasika completed her master's program six months ago and will begin pursuing her business license in May 2015. A master's degree may increase students chances of obtaining a job, but what about students who can't afford to pursue their Masters, or make the decision not to? What choices do they have in creating their own career?

Steven Loy, 59, the CSUN Kinesiology professor who created 100 Citizens thinks the solution lies within that program. He developed it to educate underserved

Los Angeles communities on health and physical fitness by providing them with free sustainable workouts, while simultaneously creating an environment in which kinesiology students could thrive while building their resume. Loy believes no matter what the declared major a

ESTEBAN CAMPA, 26 IS JUST ONE OF THE MANY SUCCESS STORIES TO COME OUT OF PARTICIPATING IN THIS PROGRAM. EL NUEVO SOL.

student may have, in order to have a successful career he or she must actively participate in creating it.

“There is a need to have an entrepreneurial pioneering spirit to carve new ground and new opportunities,” says Loy. “This means understanding what your education can provide and seeking out opportunities that can benefit from what one has to offer.” Loy is determined to get his 100 Citizens program adopted, and paid for, throughout the state of California. It is his hope that other kinesiology students can be hired as a way to help communities in the state become physically better and prevent diseases that cost more money to the state such as diabetes and heart disease.

“This is where we are at with public health,” says Loy. “It is a new frontier that has not been explored and thus there is the need to ‘show’ people, companies, and institutions, how valuable we can be. 100 Citizens is such a program that can expose others to what Kinesiology can do.”

The 100 Citizens program has added another program called “Friday Morning Warriors,” to help the community become more physically fit by providing them access to free sustainable workouts. The program meets every Friday morning from 6:30 a.m. to 7:15 a.m. in El Cariso Park in Sylmar. Similar to an internship, any student can get involved in the Friday Morning Warriors program, and according to Professor Loy, the type of knowledge you will gain can’t be taught in a classroom.

“100 Citizens is one significant vehicle for students to gain experiences that all employers will value,” he says, “including skills in interpersonal communication, leadership, program direction, staff management, to name a few.”

Esteban Campa, 26 is just one of the many success stories to come out of participating in this program.

“After enrolling and successfully completing the course KIN 446 taught by Doctor Steven Loy, I was eager to apply my classroom knowledge, military experience, and discover my academic and professional potential,” said Campa.



“There is the need for students to seek and acquire a variety of quality experiences.”

By utilizing the personal skills he already possessed, Campa was not only able bring something unique to the Friday Morning Warriors program, but he was able to gain a stronger professional knowledge of his own.

“My involvement in the program was considerably great because of the growth I gained,” he says. “For instance, I engaged in conversations, meetings, and discussions with various people from different careers related to my degree. Many of the presented opportunities allowed me to gain insight on capabilities and capacities that I did not know were

there. I am grateful to have been involved in this program because I gained life and career-related experience, friendship, and a job on campus.”

Campa is living proof of exactly what Loy and his program seek to accomplish. 100 Citizens and the Friday Morning Warriors program were not available to Lasika when she attended CSUN, and she wonders if being involved would have taken her on a different path.

“After researching and hearing about 100 Citizens, I am a little disappointed I was not able to participate in it while I

was in school,” says Lasika. “I wonder if it would have allowed me to make connections which could have helped me gain a job much faster than I have now.”

According to Loy, the struggle for employment after college isn’t just unique to kinesiology students, it applies to everyone, “There is the need for students to seek and acquire a variety of quality experiences,” says Loy, “often times, these experiences are not sought out until late in their education, when they would have been better served earlier on and may have resulted in valuable changes to their future.”

STEVEN LOY, PROFESSOR OF KINESIOLOGY AT CSUN.
PHOTO: SARAH STEVENS / EL NUEVO SOL.



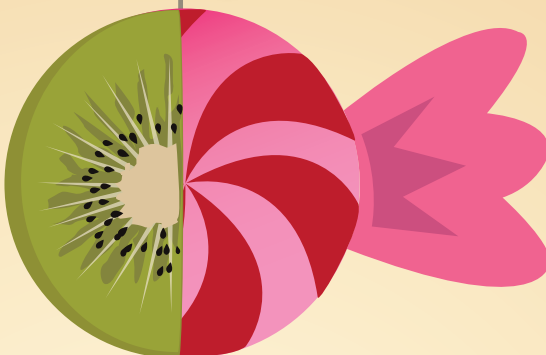
“ 100 Citizens is one significant vehicle for students to gain experiences that all employers will value... including skills in interpersonal communication, leadership, program direction, staff management, to name a few. ”

NATURAL SUGAR VS REFINED SUGAR



8

recommended
daily servings
for adults.



Digested quickly
and you will still be
hungry.

Nutrients are lost
when sugar is
processed.

Contains nutrients that keep the body
healthy and help prevent disease.

VITAMIN C
POTASSIUM
FIBER

Naturally low in fat,
sodium and calories.



Recommended daily added sugar limit (tablespoon)

women



men



Increases insulin and
blood sugar
levels.





HENDRO YAUW, AN INSTRUCTOR FROM THE 100 CITIZENS PROGRAM, WORKS WITH PARTICIPANTS IN THE SAN FERNANDO RECREATIONAL PARK. PHOTO: JOANNA JACOBO / EL NUEVO SOL

STUDENT MOTIVATES OTHERS TO EXCEED THEIR PHYSICAL HEALTH LIMITS

By NICOLE FROST

The sweat dripped from his face as he tried to finish more reps. His objective looked closer, but he was ready to give up. His trainer motivated him to continue, so he used all the energy he had left and did more reps. Finally, he cleaned his face with a towel before placing it on his shoulder and walking towards the dressing rooms with pride of a job well done.

This is what his trainer has always wanted to see.

Hendro Yauw is a kinesiology student at California State University, Northridge who aspires to see people exceed their physical limits with the goal of improving their health, well-being and self-confidence.

Originally from Jakarta, Indonesia, Yauw always fought for his health and well-being. When he was an overweight child, his self-esteem issues affected his health.

Everything changed when, in high school, he decided to visit the weight room and take his physical condition seriously. Yauw has many specific objectives, but his mission is to improve the health and aptitude of others in a way he couldn't when he was younger.

"Even though my father was a bodybuilder, I had to be independent when it came to my physical state and my health goal," Yauw said. "I've learned more of what I know from myself. If I had the information I am now receiving as a student, things would have been very different."

Yauw has begun his dream with people close to him. His best friend said Yauw inspired him to improve his health.

"Hendro told me his story and that motivated me to be healthier," said his best friend Awon Rahman. "He is very

motivating and works hard to reach his goals. Ever since I met Hendro, we've always competed to have better results than the other."

Rahman graduated from CSUN with a degree in engineering. He has always been interested in physical aptitude, but having his best friend's support has helped a lot. Yauw gave his friend the push that he needed to seriously keep his new style of living.

Yauw also inspired people who never worried about their physical health, like his friend Giano Fernández.

"I never exercised, but now I do cross country," said Fernández. "Now I am sponsored by Reebok and have lost 30 pounds since last December, but I've also gained muscle weight."

At first, Yauw came to CSUN to study physical therapy, centered primarily in rehabilitation and injury recovery. This discipline centers mainly on functions of minor muscles and fine motor skills. Yauw decided that wasn't the path for him and changed his emphasis to personal training.

"The personal training has more variety career wise," said Yauw. "I want to work in sports performance to help athletes increase their strength and recover. My dream is to work for the United States Olympic Committee."

As of now, Yauw works as a strength and conditioning trainer for CSUN athletes, but he also participates in a program that works with another type of athlete.

"This semester I started working with the Diabetes Prevention Program in San Fernando," said Yauw. "It's a free program where the community, regardless of physical aptitude, gets together three mornings a week to work and learn about having a better style of living. I like this program a lot and being able to return to the community the same way I wish I could have been able to do when I was younger, when I started to worry about my aptitude and health."

Yauw instructs a group of participants that mostly do not speak English. Not only does he have to explain the exercise's purpose clearly, but he must also do this with the language barrier.



YAUW HELPS AWON RAHMAN PERFECT HIS FORM WHILE COMPLETING A STRETCHING EXERCISE. PHOTO: NICOLE FROST / EL NUEVO SOL



YAUW (RIGHT), A STUDENT-TRAINER AT THE 100 CITIZENS PROGRAM, AND HIS FRIEND RAHMAN PRACTICE BOXING. PHOTO: NICOLE FROST / EL NUEVO SOL

One of the challenges that Yauw faced when he started the program was keeping the participants motivated. “A lot of the participants have come only to stay standing and not do the recommended 30 to 60 minutes of exercise a day,” said Yauw. “At first, it was difficult keeping them motivated, but now it’s much better. They start to see the results and now they are excited with the training. One of the participants lost 5 kilograms (about 11 pounds) and now she can’t stay still.”

For some participants, the success brings their own struggles.

“When the participants start to see results, they realize they can gain weight,” said Yauw. “Their progress constructs muscles, lean mass, that weighs more than fat.

It can be difficult assuring them that their bodies are adapting to the stimuli in their muscles and later they will see a difference.”

“I communicate mainly with hand signs and pointing to the muscle the exercise will work,” said Yauw. “It’s difficult explaining the reason for the exercises in a language the participants can understand, when a lot of the participants speak a different language, which makes it more difficult.”

Yauw’s own childhood connects him to the people he is helping in the program. A lot of the participants have diabetes or prone to diseases. He hopes to provide support and knowledge to the community since he didn’t have this kind of mentoring growing up. His main objective is to offer help to others because he never had help when he wanted to improve his life.



YAUW, ASIDE FROM HELPING HIS FRIENDS WITH THEIR HEALTH AND NUTRITION, ALSO ASSIST PARTICIPANTS OF THE 100 CITIZENS PROGRAM IN THE SAN FERNANDO PARK. PHOTO: JOANNA JACOBO/ EL NUEVO SOL

“I’m learning as I go,” said Yauw. “I’m learning to be a leader and how to help these people enjoy exercising and healthy eating, not to be afraid of it. Seeing their lives improve is huge, now I understand. A man has lost 60 pounds after he told us he was obese, he had hypertension and he was at risk of having diabetes. Now, he enjoys challenging himself.”

Yauw and other trainers in the program recommend a minimum of 30 minutes of

physical activity a day, as well as a rich diet of fruits, vegetables, whole-wheat grains and lean proteins in order to live a healthier life.

“Type 2 Diabetes is preventable with the right physical aptitude and health routine,” said Yauw. “It’s my personal mission to assure that the whole world knows it.”

“Even though my father was a bodybuilder, I had to be independent when it came to my physical state and my health goal,” Yauw said. “I’ve learned more of what I know from myself. If I had the information I am now receiving as a student, things would have been very different.”



La Crescenta Valley Park

Tuesdays and Thursdays 8:30 - 9:30am
(Class meets on west side near Dunsmore Ave.)





AURELIA PEÑA, PARTICIPANT OF THE 100 CITIZENS PROGRAM WITH VÍCTOR SOLANO, STUDENT-TRAINER FROM CALIFORNIA STATE UNIVERSITY, NORTHRIDGE. PHOTO: NATHALY ALCALÁ / EL NUEVO SOL

NOW IT'S MY TURN TO IMPROVE MY HEALTH

By NATHALY ALCALÁ

After putting years of effort and dedication into raising children in a home filled with values and love, Aurelia Peña said, “now it’s my turn to improve my health.” Peña, 64, joined the 100 Citizens program, located in San Fernando Valley, after going to the doctor and learning she was prone to diabetes.

“It was in that moment that I told myself, ‘what are you waiting for, Aurelia? Let’s go,’” said Peña, resident of Van Nuys.

Even though she lives a bit far from the park, she never misses any of the classes offered three times a week. She said this program has changed her life for the better.

Steven Loy, professor of kinesiology at California State University, Northridge (CSUN), established the 100 Citizens program, which focuses on exercising and diabetes prevention, in 2011.

A kinesiology student at CSUN, Victor Solano, 22, said the student trainers divide the participants into groups depending on the age and the physical performance of each person.

“In this program there is a group of adults from 20 to 40 years old, and there is a group of adults from age 50 and older, and the intensity of the exercises is different,” said Solano, who trains participants of 100 Citizens on Mondays, Tuesdays and Fridays.

Peña belongs to the older group. However, her energy and strength don’t show her age.

Peña is a 5-foot-1, friendly, always smiling Mexican woman with red hair.

Marisol Díaz, 26, a kinesiology student at CSUN and a student trainer said Aurelia is enthusiastic when she arrives to the program. “She focuses plenty

and always wants to learn the exercising techniques. She asks questions and she motivates herself and her teammates.”

Díaz has known Peña for a year and assures she has seen how Peña has improved in flexibility and physical prowess. “I see that she is stronger and flexible. She always gives the maximum,” Díaz said.

Peña joined 100 Citizens in September 2013 weighing 178 pounds. Perhaps due to her strength and dedication, she now weighs 165 pounds. However, she said she plans to lose more weight because she wants to have the same weight she had when she was younger.

What she likes most about the program is not losing weight, but the happiness she gets from the program.

“What motivates me to come everyday is feeling good. Exercising gives me energy and I feel at ease, happy, and that is why I’m here,” Peña said.

Stress, preoccupations, anxiety, and depression can influence weight gain. This was the case for Peña, a single mother who has fought alone to see her children grow up on the right path.

“I feel like even if I don’t eat, I gain weight,” said Aurelia Peña, who believes stress has been the cause of her weight gain. Peña came to the United States when she was 40-years-old and now works in a college. She said she doesn’t work 40 hours, which makes it hard to pay rent and eat healthy.

“I have a sick son in Mexico that has schizophrenia and once in awhile I send him [some money] here and there because there isn’t enough,” she said, with sadness.

Peña said eating healthy in California is complicated, since vegetables and fruit cost more than a hamburger, ice cream, fries, or chocolate. For this reason she opts to buy the cheapest food without caring if it is or isn’t healthy. Peña, who was born in the capital of Mexico, said she ate better in her native country because the food was all organic and more economical.



**“ My children
have always been
first, next them,
last them, and for
me? Nothing! It’s
fair that now I do
something for me,
even if this is the
only thing I invest
my time in ”**



“What [I like] most about the program is not losing weight, but the happiness from the program”

“In Mexico I didn’t have money for the junk food. So, I tried to only eat healthy food, but possibly in Mexico it was healthier because everything was organic,” Peña said. She said she was thinner in Mexico since eating healthy was possible.

Diabetes has been present in her family, including her mother, who died approximately three years ago in Mexico.

“I am leaving, I don’t think we are going to see each other any longer.”

Those were the last words Peña heard her mother say before her mother returned to Mexico. Peña never thought her mother would tell her that.

However, she responded: “No, I ask you that first I leave, then you.”

Eight days later, her mother died. Peña said her mother possibly died because she was alone and had no one to take care of her or make her food.

“My understanding is that when someone has diabetes the person has to eat hourly, but my mom was alone,” she said, with a knot in her throat and her voice broken.

“I don’t know how or when she left. The only thing I know is she is no longer here,” Peña said.

However, Peña’s mother wasn’t the only family member with diabetes. Her sister has diabetes and high blood pressure.

“I’ve invited my sister to the program, but she doesn’t want to [come],” Peña said. She wishes her sister would participate in the program because she believes the

program will change her sister’s life the way it changed hers.

“My sister is in treatment but doesn’t want to talk,” she said, with a worried tone.

For Peña, her children have always been her priority and she’s always worked hard to ensure her family is never in need. Right now she lives with her 20-year-old daughter, who sometimes tells her mother not to participate in the program when Peña is getting a cold. Peña always tells her, “No [darling] this is my hour, mine and only that.”

Peña said that now that her children are older, it’s her turn to recover her figure and self-love.

“My children have always come first, and for me? Nothing! It’s fair that now I do something for myself, even if this is the only thing I invest my time in,” Peña said. She assures that the time for exercise is hers and only hers.

According to Peña, throughout the years she has started to want a little more and said that if she doesn’t look out for herself, no one will.

Peña said she attends the program by herself and for herself. “I’m going to continue in the program until God gives me life.”



HIGH BLOOD PRESSURE

STAY HEALTHY!

WHAT IS HIGH BLOOD PRESSURE?

"Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways.



HBP can damage your heart, blood vessels, kidneys, and other parts of your body.

HBP CAN LEAD TO...



Heart Failure



Stroke/ Aneurysm



Kidney Failure

SYSTOLIC & DIASTOLIC Blood Pressure Numbers

SYSTOLIC

top number

Refers to blood pressure when the heart beats while pumping blood.



120 OVER 80

DIASTOLIC

bottom number

Refers to blood pressure when the heart is at rest between beats.

BP LEVELS IN ADULTS (Measured in millimeters of mercury, or mmHg)

NORMAL

S less than 120
and
D less than 80

PREHYPERTENSION

S 120-139
or
D 80-89

HYPERTENSION

STAGE 1

S 140-159
or
D 160 +

STAGE 2

S 90-99
or
D 100 +

UNHEALTHY LIFESTYLE HABITS



Eating a lot of sodium (salt).



Drinking too much alcohol and smoking.



Lack of potassium in your diet.

WHO IS AT RISK FOR HIGH BLOOD PRESSURE?

OLDER AGE

65% Americans aged 60 or older

RACE/ETHNICITY

HBP more common among African Americans than Caucasian & Latinos.



OVERWEIGHT OR OBESITY



You're more likely to develop prehypertension or HBP if you're overweight or obese.

CAREFUL! SYMPTOMS DON'T SHOW!

Knowing your blood pressure numbers is important, even when you're feeling fine.

1 IN 3 ADULTS HAVE HBP





LILIA CÁRDENAS: WE SHOULD TAKE CARE OF OUR HEALTH NOW, NOT WAIT UNTIL WE ARE SICK

By JORGE REYES SALINAS

Imagine not being able to breathe. Not being able to walk. Imagine having pain in all of your body, especially in your back and hips. Imagine being afraid to go outside and walk. Imagine being afraid of making any movement past 30 minutes because you can't handle the pain, even though you don't know the reason.

This is the situation of Lila Cárdenas.

Cárdenas went to several doctors before being diagnosed with lung infection in February 2013. Since then, her life has changed. Today, she can walk, run and exercise without any issues.

Cárdenas, 58, lives in Sylmar in the San Fernando Valley.

Cárdenas visited three different doctors to find the solution to her pain and difficulty breathing. The first doctor told her she had problems because of climate change and her allergies. The second doctor told her she had bronchitis and recommended she use an inhaler, which was not good for her health. The third doctor told her she had pneumonia.

Finally, in February 2013, a fourth doctor, in Cuernavaca, Mexico, told her she had an infection in her left lung. The doctor told her that if she wanted to cure the infection she would have to start exercising to improve her breathing.

Cárdenas began to exercise, little by little.

"I started to walk in the afternoons and ate better," she said. "In the beginning I weighed 178 pounds and little by little, I began to lose the weight."

In September 2013, Cárdenas started going to the San Fernando Park where she signed up to exercise.

In January, 2014, the Diabetes Prevention Program (DPP) began in the city of San Fernando. DPP is part of the 100 Citizens program implemented by Steve Loy and his kinesiology students from California State University, Northridge (CSUN).

"When I first started, I couldn't run a lot, nor do movements for a long period of time," said Cárdenas. "The trainers told me to do whatever I could."

For Cárdenas this program is important. Since she started participating she has lost approximately more than 13 pounds, she said.

"I like how they motivate us and tell us what are we waiting for? To take care of our health," said Cárdenas.

The program is of great help because the trainers are strong and motivate participants to do more to take care of themselves and learn about nutrition, she said.

Not only has Cárdenas learned different exercises, but she has also learned how to eat healthier.

"My diet starts with a smoothie of fruits, vegetables and powdered protein," she said.

Cárdenas also eats food with low- sodium, like fish and grilled chicken. She doesn't eat potatoes or rice and doesn't use condiments when cooking.

"The hardest thing is waking up at 5 a.m. to start the day," she said. Cárdenas wakes up her early to help her daughter take her granddaughters to school and from there she starts her exercise session.



“I feel gratitude towards the trainers. They helped me change my life and move forward,” she said. Cárdenas’ inspiration comes from her own life and from having good energy.

The mother of three: two daughters and a son, Cárdenas was born in Cuernavaca, Mexico. She decided to immigrate to the United States in 1980 when she was 24. Cárdenas is a motivated and healthy woman, with strength to move forward and have a good, healthy lifestyle.

“We are all happy with her progress and happy to see her continue forward,” said her daughter Mangolia Mandujano, as sees her mother get better.

“The trainers tell us ‘who is going to take care of your health or takes care of you when you get sick in the future?’ and that is what inspires me the most,” said Cardenas.

Now, Cárdenas weighs 158 pounds and wants to continue and lose more weight.

“The program is something that inspires me,” she said. “I don’t want to take care of my illness nor wait until I get sick.”

“The trainers tell us ‘who is going to take care of your health or take care of you when you get sick in the future?’ and that is what inspires me the most”





JOSÉ MONTELONGO, MEMBER OF 100 CITIZENS, WITH HIS BICYCLE LEAVING A WORKOUT SESSION AT THE SAN FERNANDO RECREATIONAL PARK. PHOTO: ZULAY SALDAÑA / EL NUEVO SOL

JOSÉ MONTELONGO: A MAN WHO GIVES ONE HUNDRED PERCENT

By ZULAY SALDAÑA LÓPEZ

With the energy of a young person, José Montelongo, 74, starts his day in a park after dropping off his son at the school's bus stop. Montelongo makes sure that his son boards the school bus and then rides his bicycle to a park that helps him improve his health.

The dedication to improve his health is immense.

Every Monday, Wednesday, and Friday, without missing a day, he joins an exercise group of about 20 people in San Fernando Park.

Sergio Zambrano, a volunteer instructor for the free Diabetes Prevention Program 100 Citizens, says Montelongo gives 100 percent in every exercise and is an outstanding participant because of his determination and focus.

Montelongo is one of the four men that participate in the Diabetes Prevention Program.

He would walk in the park in the morning and one day he came across a flyer that promoted a program that would help prevent diabetes in the community. The program caught his attention because aside from offering free exercise classes, it also offered free nutrition classes.

"Exercise and nutrition go hand in hand in order to have a healthier life and the nutrition classes are so important because I can learn how to eat healthier," he said.

Since the beginning of the program in January, Montelongo has struggled to lose weight.

The last time he weighed himself he said he weighed 195 pounds (88kg) and that he has not lost a lot of weight.

With good humor Montelongo jokingly compares his weight to the fluctuating Mexican currency, "sometimes I go up, sometimes I go down."

Christopher Balam, 24, a student-trainer for the beginners exercise class, describes Montelongo as a "happy and energetic person."

"José is always happy to participate in the program and is always determined to do all the exercise," Balam said.

"It is hard for men to participate in this program because there is a negative image of the men who participate in an exercise program where the majority of the participants are women," Balam said.

Balam is proud of the four men that are participating in the program.

"Hopefully they motivate a few more men to come and participate in the program," Balam said.

Another problem for the lack of men in the program is the schedule.

"There were men that were interested in attending the program during registration," says Zambrano, "but the schedule of the program interferes with their work."

Even though there are few male participants, those who do participate give their all during the exercise class.

Eric Hunter, a participant, tells Zambrano that he really enjoys the program and even when he fractured his knee, he still attended the mornings to work out.

The Diabetes Prevention Program is divided into two sessions. The first session is dedicated to exercise and the second session is a 25-minute nutrition class.

After every exercise session, everyone comes together in a classroom to take notes on how to eat healthier. This part of the program is very important for Montelongo because of his age.

He mentioned the various pills he has to take on a daily bases and says that the doctors do not have the slightest intention of helping him improve his health.

“To these doctors I am just another patient,” Montelongo said.

The doctors only tell him that he needs to walk more and to try to do more exercise. But Montelongo is well aware of the business behind prescribed medications, he said.

Montelongo has lived in the United States for 44 years since arriving from the Mexican city of Juárez, Chihuahua.

When he arrived to California, he made San Fernando Valley his home.

He recently decided to quit his job at a cemetery to devote his time to care for his son, who has Down syndrome.

He devotes time to his son but he does not forget about taking care of his own health.

He has taken some of the suggestions that they offer in the nutrition class and explains that he feels he has more energy.

For example, for breakfast he eats something light before working out and he has cut back on eating greasy foods.

He prepares himself a shake with apples, grapes and blackberries along with a granola bar in the mornings.

When he goes grocery shopping, Montelongo is more careful about what he buys.

“I now buy more green vegetables, fruit for my shakes and a little bit of fish and I am cutting back on meat,” he said.

Montelongo has other concerns aside from his health. He realizes, for example, that there is a lack of programs that help the elderly.

“The government should support and fund these types of free programs, instead of wasting money on the war in Iraq,” he said. “They do not worry about the elderly people.”



ZULAY SALDAÑA INTERVIEWS JOSÉ MONTELONGO, 74, ONE OF THE FEW MEN PARTICIPATING IN THE 100 CITIZEN'S PROGRAM IN THE CITY OF SAN FERNANDO. PHOTO: ZULAY SALDAÑA / EL NUEVO SOL.

“It is just not fair that other people do not have the opportunity to attend a program like this in their local parks,” he said. “I am fortunate to have such program in my local park.”

Although Montelongo is an active participant of the free exercise program offered at the San Fernando Park, he is still concerned for those who do not have this opportunity.

“It is just not fair that other people do not have the opportunity to attend a program like this in their local parks,” he said. “I am

fortunate to have such program in my local park.”

After finishing his morning exercise and nutrition class, Montelongo gets on his bike and continues his day, keeping in mind that he has to improve in his eating habits in order to have a healthier lifestyle.



RETIRED WOMAN LOSES MORE WEIGHT IN THREE MONTHS THAN IN ONE YEAR

By KARINA GARIBALDI

"I don't like weighing myself often because I become traumatized," says Martha Rodriguez.

"When I came from my country I was very thin and I arrived to this country and began to eat and that's when I gained weight." Rodriguez, 62, is a native of Jerez, Zacatecas, and she is part of the 100 Citizens program in the city of San Fernando. In the program she exercises

and gets nutrition lessons. She joined the program to lose weight, since she weighed 203 pounds, but wanted to return to her previous weight of 167 pounds.

"I retired three months ago and the first decision I made was to go to the park everyday and exercise because I didn't want to be at home not doing anything," she says.

More than anything she felt bad because her weight did not allow her to perform daily activities.

"Being overweight did not allow me to tie my shoelaces, and that's when I said there was something wrong with my weight," she said.

Her husband, Daniel Rodriguez, joined her in her walks before she joined the group 100 Citizens. It took her one year to lose 22 pounds when she walked with her husband in the afternoons, but since registering with 100 Citizens she has lost 28 pounds in the three months she's been in the program.

"This program is magnificent because I've lost more weight in three months than in the one year that I spent walking," she says. "I'm very happy with the program."

Rodriguez came from Mexico at 22 to build a better future, since opportunities in her native country were scarce. When she came to the US, one of the main differences that she noticed was in the food, since her parents back home were the ones who cultivated food, and in Los Angeles she began buying foods that use fertilizers that help fruits and vegetables grow quickly.

As soon as she began to purchase food in Los Angeles she noticed that she began to gain weight.

"The fruits and vegetables that my parents grew were fresh and organic, everything was healthy," she says.

As time went on she formed a family of her own with her husband and three kids, Carlos, Daniel and David, but she never made it a habit to eat junk food.

"After work, the first thing I did was prepare fresh food for my husband and kids," she says.

Despite the fact that she cooked daily, she continuously gained weight and that's when she began to worry about her health. She feared developing diabetes, although no one in her family had it. Simply because she would not stop gaining weight, she was at risk of developing it because she ate foods that were inorganic.

For ten years, Rodriguez worked as an inspector of an electric factory in Pacoima. After some time she found another job where she continued to be an inspector because of her experience with electricity.

“Since I was always sitting down at work, the only thing I did was eat nonstop without a healthy diet, and since I did not exercise I gained weight,” she says.

When she would leave work she focused on cooking for her family and she never gave herself time to exercise. She never had the time even if she wanted it. After work she would head to the grocery store to buy what she was going to cook. She shopped at stores like Vallarta, the only healthy option near her home.

Though she would have liked to consume organic products, the distance made it impossible. After just three months of retirement and having made the decision to sign up for 100 Citizens, Rodriguez felt content with the results she had thanks to the free program.

The exercise program is on Monday, Wednesday and Friday, but she also decided to go to the park the other weekdays.

“I come to the park everyday to exercise. First, I walk around the park, then I use the equipment and lastly, I join the group to continue my exercise routine,” she says.

“But on the days that the group doesn’t come, I come alone because I don’t want to stay home.”

“She always comes with so much energy,” comments Aurelia Peña, another participant of the program. “First she greets those of us who are early, then she walks around the park until our group exercises begin.”

Every day she goes to the park walking and she returns home the same way.

“My kids motivate me because they always tell me, ‘Mom, don’t worry about us, first come your exercises and then us,’” says Rodriguez.

Rodriguez knows that external motivation is important, but most important are the concrete results.

“I am motivated to hear my family say that I am thinner and my companions of the group have also commented,” she says.

“These comments are what motivate me more because my effort is noticeable, but more than anything I am more flexible and I can do things I wasn’t able to do before because of my weight. I wasn’t able to bend over and grab things that fell. My belly wouldn’t allow it.”

Besides her daily routine of exercises, she also changed her way of eating after she began going to nutrition classes that 100 Citizens offers. Now her diet includes vegetables, fruits, chicken and fish. She tries to steam the food she cooks so that it isn’t too greasy.

“Martha is always on time... Her motivation shows when she exercises. I haven’t seen her pause in between workouts like other participants,” says Sergio Zambrano, an instructor of the program.

“I drink fruit or vegetable shakes everyday as I was taught in nutrition classes,” she says. “I have to go a half hour from where I live to buy my products, as there are no stores in my neighborhood that sell organic foods,” she adds.

Now she eats every three hours, but she doesn’t gain weight due to her daily exercise routine.



“But on the days that the group doesn’t come, I come alone because I don’t want to stay home.”



VERÓNICA MARTÍNEZ DOING STRETCHING EXERCISES WITH HER TRAINER, HENDRO YAUW, BEFORE THE EXERCISES OF THE DAY.
PHOTO: LAURA CAMELO/ EL NUEVO SOL

WOMAN FIGHTS TO CHANGE HER EATING HABITS TO DEFEAT DIABETES

By LAURA CAMELO

"I only came because my daughter insisted we must get our orange," Verónica Martínez said. She remembers seeing a commercial about the 100 Citizens program three years ago when she was watching television with her daughter. The commercial announced that the first 100 people to show up would receive a free orange. Her daughter told her, "Mommy, let's go get our orange."

Verónica Martínez, 45, a Los Angeles native, works as director of the department of religion in the Institute of Religious Education in Santa Rosa. She was diagnosed with stationary diabetes in 2005 and five years ago she was told she had Type 2 Diabetes. Some of her symptoms include feeling sluggishness and a frequent need to urinate.

"I was constantly thirsty and felt fatigue and tiredness," Martínez said.

She remembers her stomach reached 8 inches, which made it difficult for her to accomplish daily tasks. Martínez said she reached a point in which if she sat down with her cell phone between her legs, she wasn't able to see it. She saw her health declining and began to worry. Then she decided to take action.

According to a 2011 Los Angeles County Health Survey, diabetes in adolescents and adults continues to rise. In the last 14 years it has increased by 50 percent. Obesity is the main risk factor that should be prevented in order to avoid the increase of Type 2 Diabetes.

Martínez is married and has a 9-year-old daughter.

"I laugh when my husband complains he is fat, because yes he has fatness, but I am the one that is overweight and has Type 2 Diabetes," she said smiling.

She started the program due to her daughter's motivation.

"If it wasn't for that orange I would not be here," she said.

The program was supposed to be only eight weeks, but it expanded to twelve weeks. From the start Martínez was happy because she rapidly observed results.

"I wasn't necessarily losing weight," she said, "but I was losing inches. My stomach was shrinking."

Her trainers also noticed the difference.

"I am very proud of Verónica," said Sergio Zambrano, who graduated from California State University, Northridge and is now one of the volunteer trainers for the 100 Citizens program. "She has an admirable mental fortitude, [she] is

quiet and now she tells me her doctor told her the sugar in her blood has been reduced and she attributes it to the exercise.”

“Verónica was one of the first to initiate the program,” said Zambrano, who started with the program last summer.

“She did it well and satisfactorily lost weight, but unfortunately, she began to disappear later on in the program.”

Martínez initially began to see many changes including a decrease in weight and a reduction in medicine intake.

Suddenly, there was a moment in her life that made her leave the program. Her father died.

This caused a downturn in her mood. “The problem in the family caused me to stop coming,” she said.

She took a break from everything. She gained weight and her health reached a higher risk than before.

“It’s hard. There are many obstacles. I was trying to find time to take care of myself, but in reality it is hard.” After a long time, and to her surprise, another commercial about the program appeared. This time she wasn’t going for the orange, but for her health.

“I have to return and I have to move forward and do it for me,” she said. The team has motivated her a lot, but she knows that what she is doing is not only

for her but also for her daughter.

“My daughter started a similar program and she said she is doing it to follow my footsteps,” said Martínez.

Her daughter’s program requires the parents to participate actively and physically.

“This has always been a challenge for me, but now that I am doing it, I can join her,” Martínez said.

She and her daughter share a commitment to improving their health.

Martínez starts her day at 6 a.m. She leave her daughter at school and heads to her exercise class. The diabetes program begins at 8:15 a.m. until about 10 a.m. Martínez works only half a day, but she likes to be at work by 11 a.m.

She leads a religious program that helps prepare children to receive their first communion. She has one staff member and several volunteers helping her. At work, she helps approximately 500 children, the lowest number of children she’s had in the last 14 years.

Then, she arrives home at 9:30 p.m. and finds it difficult to dedicate time to eat. However, Verónica said she knows she has to change her eating habits because she passes hours without eating, and at night she eats too much and too late. “I know that this hurts my health,” she said, “but there is no time. I know I have to change this.”

The program also designates a trainer to help the participants and work one-on-one. Hendro Yauw, 22, is the student trainer who works with Martínez.

“Verónica is tranquil, but I try to push her and motivate her a lot,” said Yauw, who is volunteering for the first time.

“When she comes to train, Verónica tries hard and wants to overcome the obstacles, but I have to continue motivating her.”

Since Martínez began the program, she reduced the amount of medicine she has taken due to her illness.

“Honestly, I think that if I continue moving I will feel better,” said Martínez, who has lived in San Fernando for 14 years and has witnessed the park change.

“This is a marvelous program,” she said. “Unfortunately a lot of people in the community don’t know about this program.”

Martínez admits that her main objective is not to lose a lot of weight, but something more important.

“I know I have to lose weight,” she said. “But my main preoccupation is to change my eating habits. I want to be the best example for my daughter.”

**“I want to be the best example
for my daughter”**

CSUN 100 CITIZENS PROJECT IN STORIFY

Joanna Jacobo





“ Kinesiology students will continue to be key figures in implementing and replicating the program to other CSUs because they are the ones who run the program and gain experience ”





HENDRO YAUW, AN INSTRUCTOR FROM THE 100 CITIZENS PROGRAM, WORKS WITH PARTICIPANTS IN THE SAN FERNANDO RECREATIONAL PARK. PHOTO: JOANNA JACOBO / EL NUEVO SOL

FOR THE PHYSICALLY DISABLED, ACCESS AND AFFORDABILITY CAN LIMIT FITNESS OPTIONS

By PILAR DE HARO

"The doctor gave me 24 hours to live when I was born, and told my family that if I did live, I would be in a vegetative state," said health coach and Panorama City resident, Mary Bella.

Born with the genetic birth defect of Spina Bifida that left her paralyzed from the waist down, Mary Bella is one out of approximately 56.7 million people in the United States who have a disability.

Raised in the valley of Arleta, Bella is the youngest of three. She grew up wearing braces on her legs as part of her physical therapy.

"The doctors gave me a blow when they said I was getting too big and would take me out of the braces," said Bella. "So, I sat in my chair doing nothing but getting heavier and more depressed. I found out about a place for the disabled to go and exercise and... I trusted that god would provide for me financially and he has not broken any of his promises."

About four years ago, turning the wheels of her chair, Bella entered her local 24 Hour Fitness gym to find that most of the equipment there wasn't adapted to suit the needs of wheelchair users like herself. She was only able to use three machines.

Bella can attest to the lack of resources and affordability in places like the local gym for others who are similarly physically disabled like her. At the time, her insurance was luckily able to cover the monthly fee to access a local gym.

Physically disabled people who face similar obstacles like Bella has, have a higher chance of confronting health issues.

According to a 2010 study by Obesity Reviews, obesity has a long term impact on people with physical disabilities because of complications of diabetes and the increased risk it poses for cardiovascular disease.

The lack of affordable exercise resources in the form of facilities and equipment for physically disabled people are part of the problem.

A 2005 study by the American Journal for Public Health evaluated 19 nonprofit-urban facilities and 16 privately owned suburban health clubs and found them to have low to moderate levels of accessibility for people with disabilities. Issues included a lack of adaptive exercise equipment, power-assisted doors, and a reluctance by staff members to help physically disabled clients because of added costs.

Dr. Rory A. Cooper, Professor of Rehabilitation Science and Technology at the University of Pittsburgh, explains that people who do not have impairments can easily exercise by running, walking at no

cost or at a modest cost through a sports or exercise club; however, there are fewer options for people with disabilities because of specialized equipment that is often too costly to attain.

“Organizations and companies are often non-compliant with the Americans with Disabilities Act. There needs to be more convenient and affordable integrated outlets for sports and recreation,” said Cooper.

The Americans with Disability Act (ADA) of 1990 prohibits discrimination of people with disabilities in public places including commercial facilities where wheelchair users should by law be accommodated by the ADA standards. But the same study by the American Journal for Public Health found that a number of exercise facilities weren't compliant with the ADA guidelines pertaining to the facilities' equipment, information, policies, and professional staff.

At one 24 Hour Fitness in Northridge, gym manager Beau Peregrino, 34, says there is an estimated 180 pieces of exercise equipment including the standard designated shoulder press, curl crunch machines and cardiovascular equipment. At the gym, located off of Nordhoff Way, only three pieces of rowing equipment used for the arms were confirmed accessible to wheelchair users.

At Cal State Northridge, the roughly 100,000-square-foot Student Recreation Center holds a total of six machines located at the total training zone that are adapted to the needs of wheelchair users. The large, newly developed gym features an indoor jogging track, a rock climbing wall and over 190 machines but only 3 percent of the machines are adapted for disabled people. The SRC has a lift designed to help wheelchair users inside the pool, but has no specific physical fitness programs to serve this clientele, according to SRC Building Manager Douglas Marks, 21.

Alternative exercise facilities in Northridge such as The Brown Center, located at Cal State Northridge or The Center of Restoration Exercise (C.O.R.E.) located off of Reseda Boulevard, cater specifically to people with different disabilities.

The Brown Center focuses on aquatic and land-based exercise programs. Depending



THE GYM INSIDE THE BROWN CENTER HAS ADAPTED EXERCISE EQUIPMENT FOR WHEELCHAIR USERS. PHOTO BY PILAR DE HARO/EL NUEVO SOL

on the program, the evaluation fee begins at \$75 or \$125. The actual cost of the 13-week aquatic-based program is \$317 and the land-based program is \$287.

Osvaldo Larita, 24, CSUN Alum and 3-year worker at the Brown Center, says that many gyms are unwilling to offer extra services for physically disabled clients because of perceived additional costs.

“Some gyms don't even allow people who are disabled to enter because of safety issues,” said Larita, 24. “Gyms would have to pay more for their insurance to accommodate disabled people. Also, commercial gyms are not disabled friendly because most gyms don't have trained people with the knowledge to work this group of people.”

C.O.R.E., a community based rehabilitation exercise center works with adaptive equipment. They specialize each individuals need at a general cost of \$59 a month, according to the website.

Unless you are being economically

assisted through a scholarship or the government, there are few low-cost fitness options for people who are physically disabled.

Bella has been a recipient of the Brown Center's Britten annual scholarship for more than 7 years.

“Without the scholarship, I wouldn't be able to afford being a client at the Brown Center,” said Bella, who participates in the cardiovascular and boxing exercises. Upon losing 25 pounds the program has helped improve the state of her health.

Outliving her doctor's expectations, Bella is 48 years old today and a fitness and health coach through Team BeachBody, a fitness program designed to help others embrace a healthy lifestyle with exercise and meal plans.

“I help people who want to lose weight, lower their blood sugar or just start their own fitness journey,” said Bella.

“Without the scholarship, I wouldn't be able to afford being a client at the Brown Center.”

Lanark St



Canoga Park



Soccer Field

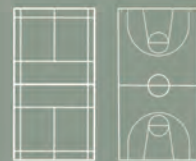


Lanark Recreation Center

Center with indoor & outdoor facilities



Playground



Tennis & Basketball Court

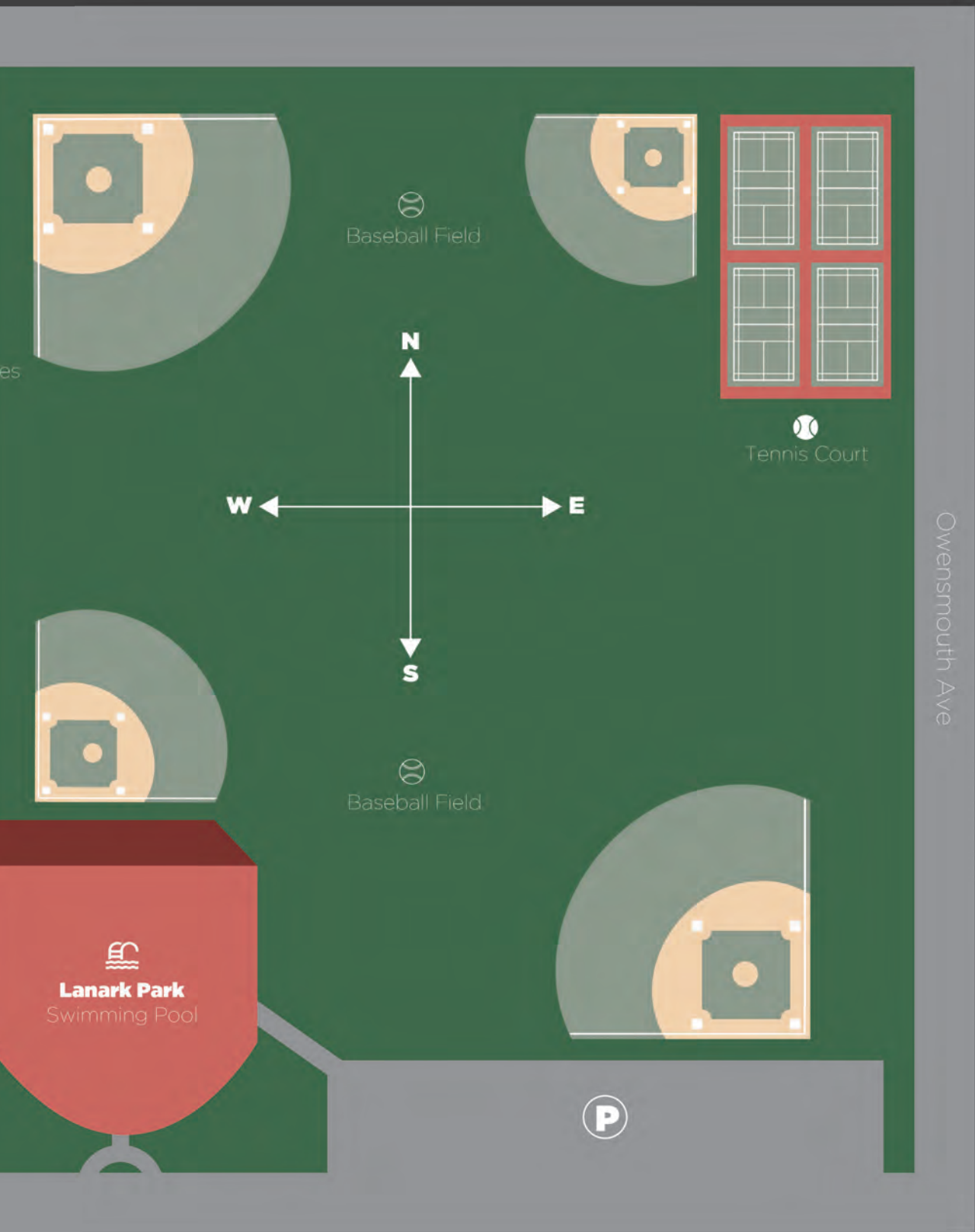
Topanga Canyon Blvd

Canoga Park

Lanark **Recreation Center**

(Every Tuesdays & Thursdays from 8:30 - 9:30am.)

Strathern St





Residential

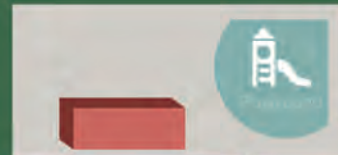


Park

1st St



Baseball Field



Basketball Court



Restroom



Soccer Field



**San Fernando
Recreation Park**

San **Fernando** Valley **Park**

(Monday, Wednesday, Friday 8:15 - 9:15am)

Ave



Recreation Center
Community Building



San Fernando
Regional Pool Facility
Swimming Complex



Industrial
Centers



4th St



Hubbard St.

Restroom

Swimming Pools

Parking Lot

Basketball Court

Restroom

Tennis Courts

Parking Lot

Community Building
and Gym

Baseball Fields



View the whole park.



Playground



Campo De Golf



Under Construction

El Cariso

Valley Park

STAY HYDRATED

Reasons to Drink more Water

Energy

Fatigue is one of the first signs of dehydration. Your body is composed of about 60 percent water, so replenishing fluids will give you an energy lift.



Cardiovascular Health

Dehydration lowers your blood volume, so your heart must work harder to pump the reduced amount of blood and get enough oxygen to your cells



Regulate Temperature

Keeps Your Body Cool



Skin & Nail

Staying hydrated promotes skin circulation at its base so that skin repair doesn't decrease.



Weight Loss

Cleanses Toxins from Your Body. Helps weight loss by filling your stomach and reducing hunger



Body Maintenance

Helps Muscles and Joints Work Better.



Symptoms of Dehydration

Dry Mouth Dizziness
Dark Urine Color
Fatigue Headache



DRINK (8 glasses of water)

2.5 liters of water per day!



Eat fruits
vegetables
to hydrated!

THE AVERAGE
HUMAN BODY IS
75% WATER

CULTIVATING HEALTH EDITION 1

Staff

Nathaly Alcalá, Angélica Arizón, Noemí Barajas,
Andrea Bautista, Andrea Bautista, Laura Camelo,
Cristal Cañedo, Glenda Cáceres, Rodrigo
Carbonel, Natali Castillo, María de Jesús Cortez,
Brenda Cruz, Priscilla Díaz, Nicole Frost, Karina
Garibaldi, Alejandra González, Laura González
Ponce, Celim Gutiérrez, Pilar de Haro, Jessica
Castellanos, Briseida Holguín, María Leal, Victoria
López de Dios, José Ignacio Luna, Lorena Mejía,
Nancy Mijares, Nancy Moreira, Carolina N ajarro,
Naomi Ogaldez, Nancy Oy, Verónica Pérez,
Nicole Pinto Bolt, Guadalupe Quintero, Flory
Ramírez, Janelle Marie Rodríguez, Zulay Saldaña,
Salvador Samayoa, Aracelly Solís,
Alejandra Vásquez, Julie Ann Zapata

CREDITS

Spanish Language Editor

Dayanis López Reyes

English Language Editor

Alexander Sebastián Corey

English Language and Spanish Language Editor

Joanna Jacobo

Web Editor

Nancy Oy

Photo Editors

Victoria López de Dios

Lucas Esposito

Art And Design

Design Hub
csunDesignHub.org

Logo

Alex Corey

Cover

Sandra Munoz

Back Cover

Sara Park

Editorial Design

Joanna Woo

Infographs

Claudia Martinez

Sandra Munoz

Sara Park

Maps

Alex Fernandez

Production

Michael Dijamco

Hector Rodriguez

Krizzelle Dizon

Translators

Nancy Oy

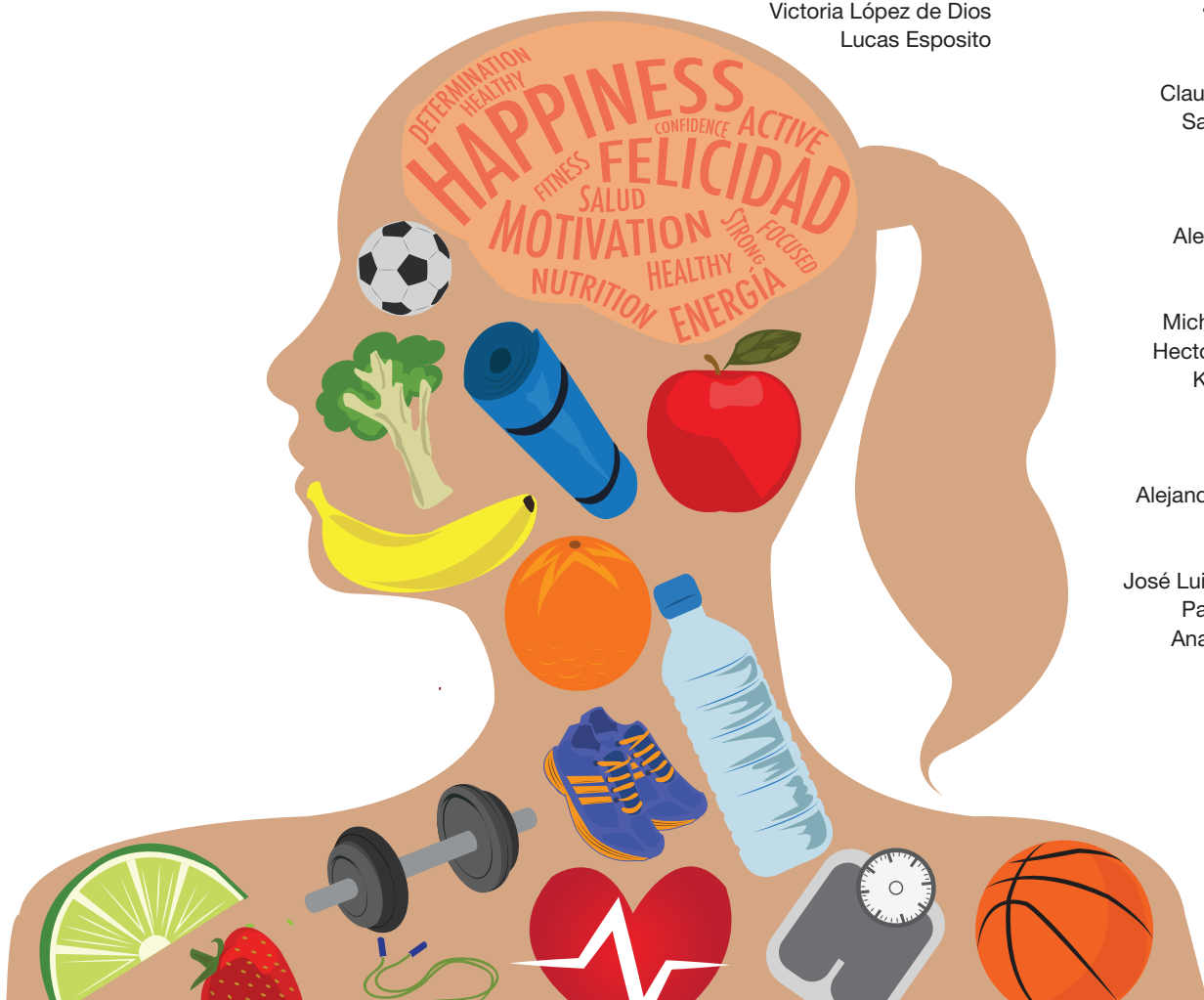
Alejandra González

Advisers

José Luis Benavides

Paula DiMarco

Anayansi Prado



VEGETALES PODEROSOS

Debes Comerlos Ahora



 Ojos saludables	 Quema la grasa	 Reduce presión arterial	 Huesos saludables	 Contra envejecimiento	 Corazón saludable	 Sistema Inmune saludable	 Salud dental
 Alivia el dolor	 Previene resfriós	 Previene defectos de parto	 Ayuda a la digestión	 Previene defectos de partola	 Previene constipación	 Piel saludable	

<http://www.nutrition-and-you.com/chili-peppers.html>
<http://www.care2.com/greenliving/10-benefits-of-carrots.html>
<http://www.mindbodygreen.com/0-13685/is-raw-kale-good-for-you.html>
<http://www.mythirtyspot.com/2011/09/how-to-store-fruits-and-vegetables-so.html>