

Health Advocacy TigerLIFE Course

During 2015, TigerLIFE, [Church Health](#) and the [YMCA](#) created a partnership to provide opportunities for students to learn about nutrition and healthy food and gain hands-on experiences cooking, as well as physical exercise. TigerLIFE transports students to the Crosstown Concourse to engage in these learning experiences.

Using their commercial kitchen, Church Health created a class instructing students on cleanliness, healthy habits and reading recipes. Students would then cook a recipe after which they would sit down together and eat it!

Once finished in the Church Health kitchen, the YMCA staff implemented an exercise program for our students. On their first visit, students weigh in to record beginning weights. Then they would receive instructions on a specific exercise method. These methods would vary each week so students would be exposed to cardio machines, free weights, yoga, Pilates and other methods available at the YMCA.

There is an on-campus classroom component to summarize and emphasize the experiences at the Church Health kitchen and YMCA. This has become one of the students' favorite classes!

In support of the Health Advocacy class, Dr. Lee Wallace, Chief of Nutrition with the [UTHSC Boling Center for Development Disabilities](#), provided a series of classes to our students on nutrition with activities to engage the students. The favorite activity was a scavenger hunt to find healthy options on fast food restaurant menus