

Who is Eligible?

- Youth ages 5-17

Where do we provide services?

- Families Home
- In the community

Where do referrals come from?

- Private referrals
- CMO Programs
- Mobile Response
- DCPD programs

What is the scope of the services?

- Physical assessment
- Medical questionnaire
- Character/Self Development
- Weekly progress report
- Individual/Group sessions
- Certificate of Completion



# HBHM



*Follow your  
Dreams, they  
know the way!*

Staff Members Name:

Phone #:

Email:

HEALTHY BODY HEALTHY MIND

Founder: Alex Torres - 732-325-5004

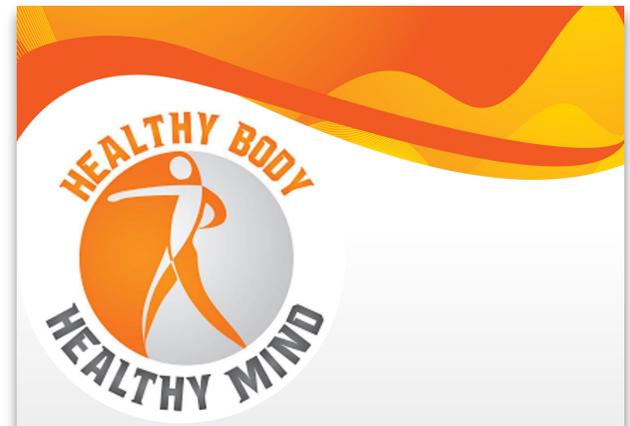
Co Founder: Iris Torres - 862-591-6347

[www.healthybodyhealthymindllc.com](http://www.healthybodyhealthymindllc.com)

[healthybodyhealthymind2015@gmail.com](mailto:healthybodyhealthymind2015@gmail.com)



Healthybodyhealthymind2015



"You have  
greatness within  
you!"



Character development through physical fitness

Through physical activities, team work and fun the youth will activate their inner strength to be the best “me” they can be. In doing so they will also learn the importance of helping others, build their confidence, boost their self-esteem and more. Developing these characteristics will influence them throughout their lives.

We will encourage:

- Social Skills
- Positive coping skills
- Positive self talk
- Expressing feelings safely
- The power of positivity

# HEALTHY BODY HEALTHY MIND

*You have Greatness Within you!*

Healthy Body Healthy Mind focus and passion is to provide character development within the context of physical activities. Our service include Health & Wellness combined with Intensive In Community and Behavioral Assistant Services



## AREA OF FOCUS:

- ADHD/ADD
- Depression/Bipolar Disorder/Anxiety
- Trauma
- Anger Management
- Teen challenges
- Conduct Disorder
- Autism



Body T-Fit Boxing  
(Used as an outlet)



Group Session  
(Social Skills/Team Building)

## HEALTH & WELLNESS:

- Principle of Life
- Body T-Fit
- Body T-Fit Boxing/  
Kickboxing
- Self-Defense for Bullies
- Body Mind Chi
- Intro to Nutrition



Principle of the Day



Intro to Nutrition  
(Intro to Healthy Eating)

## FACT:

Through physical activities it has been proven that the body creates/develops:

- Inner healing powers
- An increase in immunity
- An increase in mental toughness
- An increase in creativity
- Self Esteem
- Ultimately a better SELF!



Ages 3-21



Obstacle Races  
(Certificate of Completion)