

California Polytechnic State University, San Luis Obispo, California

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Cal Poly is 'STRIDE'-ing Forward to Promote Healthier Lifestyles

SAN LUIS OBISPO - Cal Poly's Emerging COPE (Center for Obesity Prevention and Education) has a new name but the same mission for nutritional health.

COPE has changed its name to STRIDE (Science through Translational Research In Diet and Exercise), a title that more accurately describes what the program is about according to STRIDE Director and Cal Poly Kinesiology Instructor Ann McDermott.

"The acronym represents our action," said McDermott. "We are moving forward quickly to become a leader in translational research at the local and national level."

On a local level, STRIDE partners with businesses and organizations to provide "Pink and Dude Chefs," afterschool culinary programs. Aimed at middle school students county-wide, the six-week programs promote knowledge of cooking and healthy food choices.

Nationally, STRIDE faculty members conduct research to design programs and training systems for middle school students, college students, mothers and families. The programs incorporate exercise, nutrition, and behavior skills to promote healthier lifestyles for all participants.

STRIDE hosts its First Annual HANDS on Health Symposium and Festival, Oct. 30 and 31, on the Cal Poly campus. Friday's symposium features speakers addressing health, nutrition and fitness topics. Saturday's familyoriented festival includes workshops, free health screenings, interactive exercise exhibits, healthy and festive food, and more. For more information, visit www.cope.calpoly.edu.

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