



# TRIPLE PLAY


a game plan for the mind, body and soul


[www.bgca.net/tripleplay](http://www.bgca.net/tripleplay)


**GOAL:** To improve Club members' knowledge of healthy habits, good nutrition and physical fitness; increase the numbers of hours per day they participate in physical activities; and strengthen their ability to interact positively with others and engage in healthy relationships.

**WHO:** Boys & Girls Clubs members ages 6-18

**WHAT:** Through the Triple Play experience, local Boys & Girls Clubs will challenge members to become healthy and active by learning new ways to eat nutritionally, manage stress, maintain physical fitness and form positive relationships with peers. The Triple Play comprehensive strategy nurtures the minds, bodies and souls of Club members. Contact: Wayne B. Moss, Senior Director, Sports, Fitness & Recreation, (404) 487-5761 or [wmoss@bgca.org](mailto:wmoss@bgca.org).

 **MIND:** This Club-wide approach incorporates healthy living and active learning in every part of the Club experience, from the gym to the learning center to the arts and crafts room. The central themes of good nutrition, regular health care and improving overall well-being will be emphasized. Contact: Tiffani Ponder, Director, Health and Life Skills, (404)487-5803 or [tponder@bgca.org](mailto:tponder@bgca.org).

 **BODY:** This component boosts Club's physical activities to a higher level by providing sports and fitness activities for all youth – boys and girls, athletically gifted and those talented in other areas. Daily fitness challenges give youth at every age the chance to play longer and harder at a variety of games. Contact: Khari Olufemi, Director, Sports, Fitness, & Recreation, (404)487-5909 or [kolufemi@bgca.org](mailto:kolufemi@bgca.org)

 **SOUL:** By participating in this comprehensive social recreation program, Club youth will be able to develop and sustain positive relationships with others, acquire a healthy self-concept and a strong belief in their own self-worth and cope well with positive and adverse situations. Contact: Lori Huggins McGary, Director, Sports, Fitness, & Recreation, (404)487-5980 or [lhmccgary@bgca.org](mailto:lhmccgary@bgca.org).

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