

Making Health Easier: Active Living in Los Angeles, CA

[Announcer] When she noticed an epidemic in her classroom, preschool teacher Claudia Mendoza got moving.

[Claudia Mendoza] Childhood obesity is a problem in the US; one third of kids are overweight. But it's something that could be prevented. I saw the yoga class. And I was like, you know, I want to bring that to my classroom.

[Announcer] With a few butterfly poses, Ms. Claudia's lesson plan underwent a metamorphosis.

[Claudia Mendoza] We were stretching, being healthy, and also using their imagination because kids like that, you know, the fun.

[Announcer] She believes we can all raise our hands to address childhood obesity.

[Claudia Mendoza] I think that kids learn by observing and watching. And there's so much for them to learn about eating healthy habits. You want the kids to exercise; we have to exercise as well. Many parents stay and stretch with their kids and the kids were having fun, you know, having their parents do exercise with them.

[Announcer] Visit MakingHealthEasier.org to find out how you can make changes where you live. That's MakingHealthEasier.org.