



GOOD NEIGHBORS CAMPAIGN
University of Southern California



USC Pro-Bono Clinic: Fit Families

Thank you for your interest in volunteering! Below is some pertinent information you should have before participating in the Fit Families Program.

Volunteer Hours:	8:45am to 9:00am	Unloading, set-up, and briefing
	9:00am to 11:00am	Exercise program
	11:00am to 12:00pm	Education program
	12:00pm to 12:15pm	Clean-up, debriefing and feedback session

Location: Meet at Hazard Park Recreation Center - 2230 Norfolk St, Los Angeles, CA 90089

Attire: Be prepared to lead and perform exercises and activities with our participants, most of whom are school-aged children and their parents. **Wear athletic shoes, nice workout clothes, USC t-shirt or polo and your USC NAME TAG.** (For community volunteers, a name tag will be provided.)

PT Student Volunteers: *PLEASE be aware that members of both our local and professional community attend clinic, and you are a representative of our university and profession, do not come in looking like you just rolled out of bed!*

Volunteer Expectations - *You may be asked to participate in any of the following activities:*

- Checking in Participants: Stations will be assigned for taking BP, HR, height, weight, and BF %
- Fitness Testing: Fitness Gram (kids) and 400m WT (adults) for new participants and 6 week graduates
- Group Exercise: Bring your "A game" and come up with something innovative, dynamic, and fun! Activities vary from circuit training to group games/sports.
- PT Student Volunteers only- Service Learning: Please refer to Service Learning handout for specific learning objectives. **You are required to attend 3 consecutive sessions to receive credit.**

On behalf of the staff of the Fit Families Program, we thank you for volunteering your time and expertise with us. We encourage you to take an active role in this experience. We look to you for new, fun, innovative ideas to add to the structure of the program, and invite you to contribute your enthusiasm when working with the children and their parents.

Sincerely,

The Fit Families Team

Please feel free to contact us with your questions and concerns:

Oscar Gallardo, MS, PT, DPT (Faculty Supervisor): oggallar@usc.edu

Melissa Brose, PT, DPT (Faculty Supervisor): mbrose@usc.edu

Mariella Crespo (DPT III Student Coordinator): mcrespo@usc.edu

Lisa Fukuzato (DPT III Student Coordinator): fukuzato@usc.edu

Marisol Kiesz (DPT II Student Coordinator): madrigam@usc.edu

Robert Pacheco (DPT II Student Coordinator): pachecor@usc.edu

Erica Harris (DPT I Student Coordinator): elharris@usc.edu

Katherine Sander (DPT I Student Coordinator): ksander@usc.edu