



## What is SPORT 2?

- ❖ SPORT 2 Prevention Plus Wellness is a practical, easy to use and sustainable six-lesson program that integrates prevention with wellness for youth.
- ❖ Based on the evidence-based SPORT program, SPORT 2 is a strengths-based intervention designed to increase health-enhancing behaviors including different types of physical activities, eating a variety of healthy foods, monitoring calorie intake, and controlling stress, while avoiding alcohol, tobacco, marijuana and other drug use.
- ❖ SPORT 2 is customized to each youth's health habits and involves screening youth for their current health habits, providing tailored positive behavior and image feedback, and developing youth skills to set and monitor multiple behavior change goals.

### SPORT 2 is designed to increase:

- Sports & physical activities
- Healthy eating
- Monitoring calorie intake
- Controlling stress
- Setting multiple health goals
- Positive self-images

### SPORT 2 was also created to delay or reduce:

- Alcohol use
- Cigarette smoking
- Marijuana use
- Substance abuse problems



# SPORT 2 PREVENTION PLUS WELLNESS

*Practical Prevention with  
Wellness Program for  
Youth*



#### SPORT 2 PREVENTION PLUS WELLNESS

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## Youth Epidemic of Multiple Health Risks

- The CDC recently reported that millions of American youth experience key risk behaviors known to harm their physical and mental health and well-being.
- Research also indicates that the majority of US youth experience multiple co-existing health risk behaviors and problems, like physical inactivity, unhealthy eating, lack of sleep and substance use.
- SPORT 2 is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.

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*“SPORT 2 Prevention Plus Wellness is an easy to use wellness-targeted prevention program for professionals who want to promote active, healthy and substance-abuse free lifestyles among youth. SPORT 2 triggers naturally motivating wellness images of youth to increase their personal goal setting to improve multiple health habits and positive self-identity.”*

*Chudley Edward Werch, PhD  
SPORT 2 Developer, Founder  
and President  
Prevention Plus Wellness, LLC*

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## Programs and Services

- 1) **SPORT 2 Teacher’s Manual** with CD includes everything needed to implement and evaluate your program to an unlimited number of youth in one-on-one or group settings.
- 2) **SPORT 2 Implementer Training** a four-hour online or onsite workshop to learn how to implement SPORT with fidelity.
- 3) **SPORT 2 Training of Trainers** a six-hour online or onsite workshop to learn how to train others to implement SPORT.
- 4) **Grant Writing Services** including grant researching, writing and editing.
- 5) **Conference and Group Presentations** on how to plan your own wellness-based prevention program.