The Odom Park Group had a successful meeting with Odom Elementary School! The principal supports the sector’s plans for improvements on the school playground and neighborhood, bringing the sector one big step closer to making their plans a reality. Residents can already find new signage in Odom Park and they will soon find amenities like trash bins, port-o-potties and drinking foundations.

The Williamson Creek Park Adoption Group is set to begin working on their new Emerald Wood Community Garden in the near future.

Did you know a single minute of intense exercise, embedded within an otherwise easy 10-minute workout, can improve fitness and health? Volunteers were asked to to complete a time-efficient, interval-training program using stationary bicycles. Each session consisted of three 20-second intervals, during which riders pushed the pedals as hard as they could, followed by two minutes of slow pedaling. After three of these sessions per week for six weeks, these volunteers had higher endurance, healthier blood pressure and higher levels of energy-producing mitochondria.


**January 2015**

<table>
<thead>
<tr>
<th>Cunningham Parent Wellness Team</th>
<th>Tuesday, January 13</th>
<th>Ivanna Neri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discuss opportunities for Cunningham parents and faculty to get more involved with healthy food and activity initiatives for Cunningham students and families!</td>
<td>3:15 p.m.</td>
<td>GAVA Program Assistant</td>
</tr>
<tr>
<td>Cunningham Elementary</td>
<td></td>
<td>512.406.1272</td>
</tr>
<tr>
<td>2200 Berkeley Ave.</td>
<td></td>
<td><a href="mailto:Ivanna.neri@foundcom.org">Ivanna.neri@foundcom.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Activity Sector Meeting</th>
<th>Tuesday, January 20</th>
<th>Denise Vazquez</th>
</tr>
</thead>
<tbody>
<tr>
<td>Join us to improve park amenities, safety, programming, and cleanliness of your local parks and green spaces!</td>
<td>6:30 - 8 p.m.</td>
<td>Physical Activity Manager</td>
</tr>
<tr>
<td>El Buen Samaritano</td>
<td></td>
<td>915.355.4117</td>
</tr>
<tr>
<td>7000 Woodhue Drive</td>
<td></td>
<td><a href="mailto:dvazquez@elbuen.org">dvazquez@elbuen.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Austin Interfaith Leaders Meeting</th>
<th>Thursday, January 22</th>
<th>Kathleen Davis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly meeting with GAVA partner Austin Interfaith, a non-partisan, multi-issue organization of 30+ institutions that work together to address public issues.</td>
<td>7 - 8:30 p.m.</td>
<td>Community Organizer with Austin Interfaith</td>
</tr>
<tr>
<td>Wildflower Unitarian Church</td>
<td></td>
<td>512.944.4344</td>
</tr>
<tr>
<td>1314 East Oltorf St.</td>
<td></td>
<td><a href="mailto:kathleen@ntotx.org">kathleen@ntotx.org</a></td>
</tr>
</tbody>
</table>

**February 2015**

<table>
<thead>
<tr>
<th>School Garden Leadership Training</th>
<th>Saturday, February 28</th>
<th>Simone Benz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help foster a healthier future for the children of Central Texas by teaching youth to grow their own food! This workshop is for teachers, parents and community members.</td>
<td>9 a.m. - 1 p.m.</td>
<td>Food Sector Manager</td>
</tr>
<tr>
<td>Sustainable Food Center</td>
<td></td>
<td>512.220.1146</td>
</tr>
<tr>
<td>2921 E. 17th St., Bldg. C</td>
<td></td>
<td><a href="mailto:simone@sustainablefoodcenter.org">simone@sustainablefoodcenter.org</a></td>
</tr>
</tbody>
</table>

**About GAVA**

GO! Austin/VAMOS! Austin (GAVA) is a partnership of residents, community leaders and nonprofit agencies who are devoted to improving the health of our children and community. More importantly, we are a neighborhood united for health through improved nutrition and physical activity.

**Contact Us**

We want to hear from you! What goals do you have for creating a healthier 78745? What do you want to do to make a healthy neighborhood? For more information about GAVA, to share your ideas or these meetings, contact: Alba Sereno, GAVA 78745 Programs Coordinator at 214-799-3767 Finds us on /GO!AustinVAMOS!Austin
**GAVA Fact of the Month...**

Did you know a single minute of intense exercise, embedded within an otherwise easy 10-minute workout, can improve fitness and health?

Volunteers were asked to complete a time-efficient, interval-training program using stationary bicycles. Each session consisted of three 20-second intervals, during which riders pushed the pedals as hard as they could, followed by two minutes of slow pedaling. After three of these sessions per week for six weeks, these volunteers had higher endurance, healthier blood pressure and higher levels of energy-producing mitochondria.


### January 2015

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</thead>
</table>
| **Mendez Wellness Team Meeting**  
Discuss opportunities for Mendez Parents to get more involved with healthy food and activity initiatives for Mendez students and families. | Tuesday, January 13  
1:30 - 2:30 p.m.  
Family Resource Center at Mendez Elementary School | Leonor Vargas  
Director of the Family Resource Center  
512.841.1016  
Leonor.vargas@austinisd.org |
| **Perez Parent Wellness Team Meeting**  
Discuss opportunities for Perez parents to get more involved with healthy food and physical activity opportunities for Perez students and families! | Wednesday, January 21  
8 a.m.  
Perez Elementary School  
7500 S. Pleasant Valley Rd. | Rosalinda Rivera  
Parent Support Specialist  
512.841.9161  
Rosalinda.rivera@austinisd.org |
| **Austin Interfaith Leaders Meeting**  
Monthly meeting with GAVA partner Austin Interfaith, a non-partisan, multi-issue organization of 30+ institutions that work together to address public issues. | Thursday, January 22  
7 - 8:30 p.m.  
Wildflower Unitarian Church  
1314 East Oltorf St. | Kathleen Davis  
Community Organizer with Austin Interfaith  
512.944.4344  
kathleen@ntotx.org |
| **Physical Activity Sector Meeting**  
Monthly GAVA sector meeting to discuss opportunities to increase physical activity and improve parks in Dove Springs! | Monday, January 26  
6 - 8:30 p.m.  
Dove Springs Rec Center  
5801 Ainez Drive | Ladye Anne Wofford  
Programs Director with Austin Parks Foundation  
512.477.1566 ext. 4  
Ladye.Anne@austinparks.org |

### February 2015

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Food Sector Manager  
512.220.1146  
simone@sustainablefoodcenter.org |

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### Contact Us

We want to hear from you! What goals do you have for creating a healthier Dove Springs?  
For more information about GAVA, to share your ideas or these meetings, contact:  
Carmen Llanes Pulido, GAVA 78744 Programs Coordinator at 512-633-4312. Find us on  
/GO!AustinVAMOS!Austin