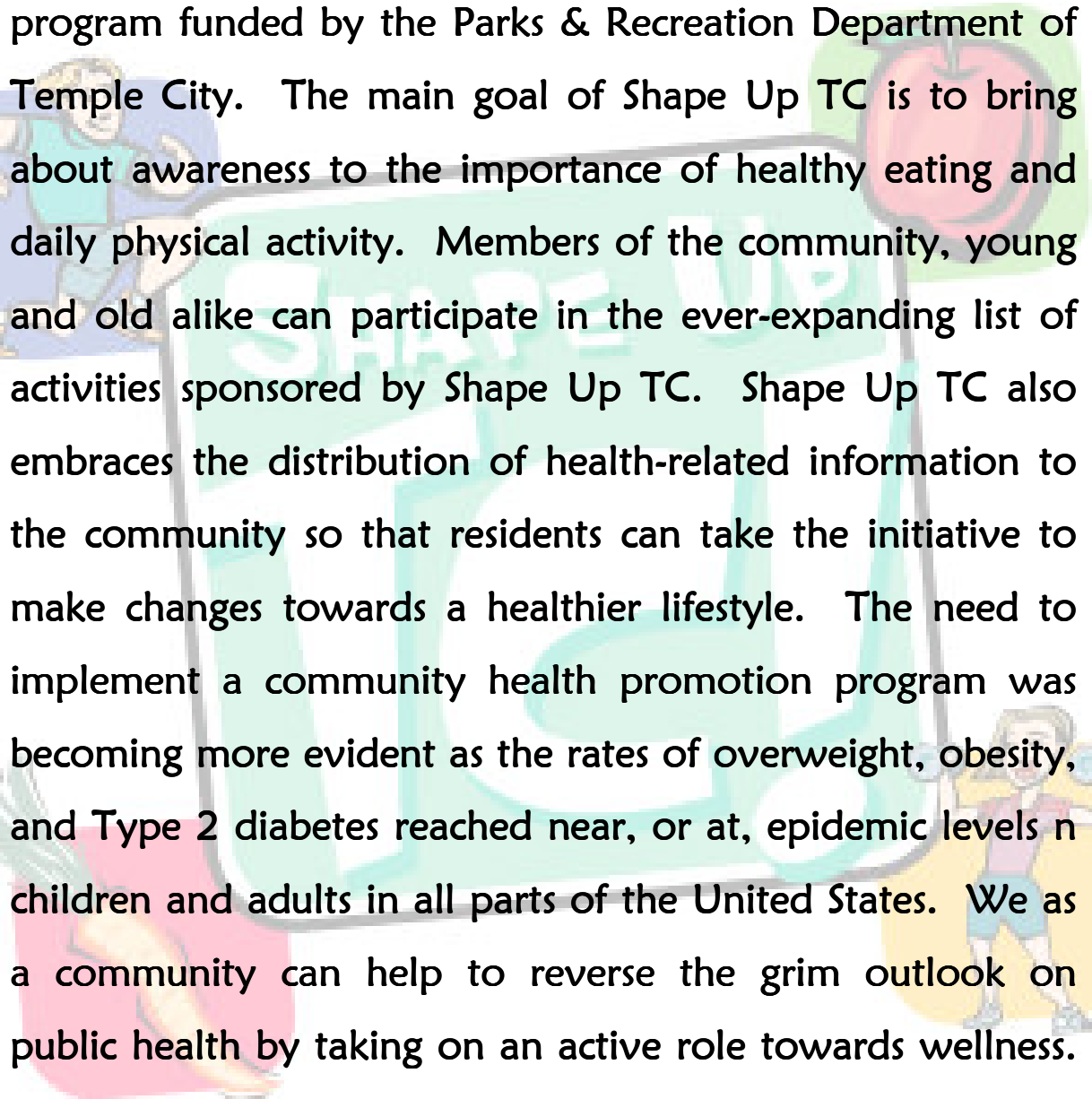


Mission Statement



Shape Up TC is a community health promotion program funded by the Parks & Recreation Department of Temple City. The main goal of Shape Up TC is to bring about awareness to the importance of healthy eating and daily physical activity. Members of the community, young and old alike can participate in the ever-expanding list of activities sponsored by Shape Up TC. Shape Up TC also embraces the distribution of health-related information to the community so that residents can take the initiative to make changes towards a healthier lifestyle. The need to implement a community health promotion program was becoming more evident as the rates of overweight, obesity, and Type 2 diabetes reached near, or at, epidemic levels in children and adults in all parts of the United States. We as a community can help to reverse the grim outlook on public health by taking on an active role towards wellness. Wellness can be achieved, let's get started today --- Eat Right, Be Active, Get Healthy!!