

Hopes & Dreams

Beverly Hills Orthopedic Surgeon **Dr. Raj** Celebrity Fitness Expert **Jack Rosenbaum**

CHANGING THE LIVES OF UNDERPRIVILEGED TEENS
AND CHILDREN IN LOS ANGELES WITH DIET, EXERCISE
AND SELF-ESTEEM BUILDING GOAL SETTING.

Prominent Beverly Hills Orthopedic Surgeon Dr. Raj, and celebrity fitness expert Jack Rosenbaum have teamed up to crusade against childhood obesity, and what they're taking on WON'T be easy. Raj says 25% of children here in the U.S. are over-weight; 80% of those will end up over-weight adults. Nevertheless, this dynamic duo remains undaunted as they move ahead with their eat healthy/exercise Hopes & Dreams program. Amazingly, what Raj and Rosenbaum have to say is catching the attention of our kids. Given a choice young people don't want to be over-weight. Raj and Rosenbaum are seeing kids 'pumped up' about going to the gym and losing weight, instead of 'plumped out' eating junk food in front of a TV. The Hopes & Dreams program has gotten the attention of the L.A. Unified School District, as more kids, parents, teachers, and lawmakers are taking notice. **THE GOAL:** make healthy food and regular exercise a priority for our children—not just an after-thought!

DR. RAJ

I've seen enough to feel compelled to take action. At no time have children been as unhealthy as now. The problem defies socio-economic boundaries afflicting young people—all ages. It's prevalent in cities and rural areas transcending cultural, religious, and ethnic boundaries. Childhood obesity is sweeping through our nation like a plague. Over-weight children are at high-risk for a plethora of illnesses such as, high blood pressure, heart disease, stroke, high cholesterol, diabetes, depression, arthritis, and joint problems. Apathy and lack of understanding are the culprit. How can we adults look the other way when the health and well-being of our children is in danger?

Raj and Rosenbaum are dedicated to health and fitness. Men, women and children go to Raj to 'undo' what injury, disease and over-eating creates: deteriorating and broken bodies that create severe health issues. As a Board-certified Orthopedic surgeon, Raj sees about 500 patients a month. He has many statistics, but a real eye-opener is that for every extra pound we carry on our bodies, seven extra pounds of weight is added to our knee joints.

Rosenbaum has been in the fitness industry for 25 years. A Certified Physical Fitness Trainer, he works with clients to build strength that in turn fights bone disease. His philosophy: Exercise means very little without healthy food, so *nutritional reprogramming* is a priority for both men.

ROSENBAUM

After seeing youngsters withdraw because of a poor self image, I decided to make it my priority to teach them how to find the greatness they hold within. No one is telling these

children and teenagers how special they are. All they get is negative feedback with self-negating feelings of low self-worth. And I'm not talking just about outsiders and bullies that impose a daily threat of physical violence and emotional degradation. I'm mean families; siblings, parents, relatives and friends who some unknowingly put these kids down and make them feel bad about themselves. My goal is to spread a message of health and happiness through diet and exercise. I'm rebuilding self-esteem and fostering positivity so each of these young people know their possibilities are endless, and their futures are bright.

Raj says there's a direct correlation between diet, exercise and happiness and points to homes and schools to take responsibility for designing proper nutritional plans when children are young. He says parents and family physicians need to teach a positive lifestyle starting with healthy nutrition.

DR. RAJ

Kids have their self-esteem stripped away. Many isolate for protection, succumbing to the ill-effects of childhood obesity. We are bringing awareness and education to parents as well who along with love, need to provide nutrition and health guidance to children. Hopes & Dreams has teamed with county officials and the DreamCenter (which helps heal poverty and hopelessness in Los Angeles) and we are choosing two undeserved teens to embark on a journey of transformation on a physical, mental, and emotional level—a life changing experience. One teen in the program (Jasmine) recently completed "Cycle 1" of Hopes & Dreams losing over 20lbs in three months. Jasmine was educated on nutrition; how to change eating patterns, and how to maintain a healthy lifestyle. Jack and I worked with Jasmine once a week in a step-by-step workout plan to reach her goals. Like most overweight teens, Jasmine started out a very timid and quiet girl with low self-



esteem. She was not happy with the way she looked, but the motivation she showed to change negative patterns was remarkable. Week after week, she saw true results taking place and besides losing weight she was regaining her confidence, becoming more social. Everyone noticed how much she smiled. This was an absolute joy for our team; to witness first hand how she was becoming the young woman she always wanted to be. Jack and I were so proud of the dedication and courage she showed. More than that—Jasmine was proud of herself for what she had accomplished.

"Hopes & Dreams literally transformed my life," says Jasmine. It motivated and inspired me to go back to the old me, something I thought wasn't possible. Dr. Raj and Jack are awesome!"

DR. RAJ

Jasmine's success is one of many we hope to achieve. Jack and I have our own "Hopes & Dreams"—to change the lives of children and teens across the nation so they can conquer their fears and achieve their goals. Jasmine's story is only the beginning of our fight against childhood obesity. Our team is looking for qualified professionals and volunteers to give time to help the great number of kids fighting for a chance at a good life. Working as a team, change is not only possible...it's a certainty. If you believe you can contribute please contact us: 323.937.6905, or email bhdoc@live.com. The rewards for all of these young people is life-changing; the rewards you'll experience are indelible.

