Dear Friend,

HealthCorps concluded fiscal year 2010 on June 30, 2010. The year was marked by a series of tough challenges, as well as poignant student stories and extraordinary progress. We grew to 50 schools in nine states to directly impact 25,000 teens. Our Fit Town initiative launched to expand our reach to community members surrounding our schools. HealthCorps accomplished these goals amid an ongoing economic downturn that has made fundraising ever more daunting for most non-profits. The mission of HealthCorps is too vital to let this recession stop our efforts to improve the health of America’s youth.

I am pleased to report that HealthCorps through a partnership with the Kellogg Foundation expanded to the Mississippi Delta. I was proud to have Coordinator Jake Ross join me on The Dr. Oz Show as we followed the progress of six remarkable HealthCorps students during “Dr. Oz’s School Challenge with HealthCorps Sponsored by Chiquita.”

I remain grateful to everyone who has donated time and money to allow HealthCorps to move forward with important work. I firmly believe that we cannot have a wealthy nation if we do not have a healthy nation.

Much gratitude,

Mehmet C. Oz, M.D.
Chairman
Problem Statement

Obesity in the United States has reached epidemic proportions, with more than 35% of Americans classified as obese and an additional 30% as overweight. Obesity has been a steadily rising trend since the late 1970s.

Recent reports, such as the Robert Wood Johnson Foundation’s “F Is for Fat 2009: How Obesity Policies are Failing in America,” highlight the critical call for action. Experts now predict that, without an intervention, the majority of the country will be obese by 2012.

Alarmingly, the steepest increase is among children and adolescents. Obesity is directly linked to high blood pressure, type 2 Diabetes and atherosclerosis. In turn, these unhealthy conditions are the major cause of heart attacks, strokes and heart failure. We are now seeing cardiovascular disease in teenagers and the average age of first heart attacks has dropped by over 10 years in the overweight patient. Other morbid conditions linked to obesity are certain cancers and arthritis.

Regional, ethnic, and economic divergences characterize the population of obese and overweight people in the U.S. Hispanics are the most overweight, although obesity is the highest among African Americans.
HealthCorps®, a proactive health movement founded by heart surgeon Dr. Mehmet Oz, is fighting the obesity and mental strength crises by empowering American students and their families to become health agents of change for their communities.

HealthCorps’ three priorities are:

1. Educating the Student Body®: our in-school program activates and educates youth and faculty about their bodies, their environments and their abilities to affect their world.

2. Creating a FitTown™ – the HealthCorps Challenge: Our community outreach connects and empowers citizens and organizations to bring about awareness and affect change through community-based projects and initiatives.

3. HealthCorps Advocacy: Public outreach at the national, state and local levels aims to advocate for policy shifts that put health and physical education back into the core curriculum of the American education system and target policy shifts that move us towards safer environments affecting health that encourage and enable people to be more physically active.

“The health fair was excellent, just excellent. I was great to see the students so involved in all the activities.”
- Mr. Thompson, Assistant Principal, Bronx High School for Law and Community Service, The Bronx
Impact

Through a study conducted on four high schools in Palm Beach County, the analysis of data revealed that the HealthCorps® curriculum on nutrition, fitness and mental resilience led to most students' adopting healthier lifestyles.

Implementing the HealthCorps Behaviors Assessment Tool, the independent non-profit researcher reached over 4,100 students in the first part of the program year, using a Likert approach to assess responses to 33 questions. The survey concluded that:

- 15% of students responded that they were eating at least 2 more healthy foods weekly (fruit & vegetables)
- 10% percent of students increased their weekly water consumption and 45% acknowledged drinking water more regularly
- An increase of 55% of students stated that they exercise now at least 4 days a week
- 11% percent more respondents indicated that they watch less TV and 5% more students learned how to more effectively cope with problems

Regarding the Stress Scale measured, results found that:
- 35% of students worried less about unexpected events
- 56% of students were better able to control themselves
- 21% of students never or almost never got "stressed"
- 7% of students were more able to handle personal problems
- 14% of students generally feel better

"HealthCorps gives me a once in a lifetime opportunity to help make positive changes in my community. It's critical we continue to plant these healthy seeds."

- Sarkis Kalashian, Coordinator

Palm Beach
HealthCorps
Coordinators
School Highlights

- School Health Fairs – 100% of schools (impacted 25,000 students & 200 faculty members)
- Healthy Steps Pedometer contests – 100% of schools (impacted 10,000 students)
- Cooking program & contests – 100% of schools (impacted 600 students)
- Parent’s nights – 100% of schools (impacted 500 parents)
- Sahaja Meditation – 92% of schools (impacted 3,153 students)
- Biggest Loser faculty challenges – 80% of schools (impacted 700 faculty members)
- EATWISE (Educated and Aware Teens Who Inspire Smart Eating) programs – 52% of schools
  (impacted 480 students)
- Zumba® Latin dance fitness workshops – 50% of schools (impacted 250 students)
- “Toilet Tidings” Health marketing campaign in school restroom stalls – 50% of schools (impacted 450 students/staff)
- School Vegetable Gardens – 25% of schools (impacted 200 students)
- Pilates Workshops – 25% of schools (impacted 180 students)
- Field Trips to healthy restaurant kitchens – 12% of schools (impacted 80 students)
- Field Trips to the “Bodies” exhibit – 10% of schools (impacted 110 students)
- Yoga Workshops – 10% of schools (impacted 120 students)
- Personal Training Workshops – 10% of schools (impacted 73 students)
- Health Career Workshops – 8% of schools (impacted 26 students)
- Alternative Protein Fair presenting proteins other than meats and cheeses – The High School for Arts & Business, Queens
- Summer “Biggest Loser” contest to see which faculty member can lose the most waist over the summer – Tampa Bay Technical High School, Tampa, Fla.
- Faculty healthy cooking classes – The Kurt Hahn Expeditionary Learning School, Brooklyn
- Healthy school food tasting to get healthier items on cafeteria menu – Edward A. Reynolds West Side High School, Manhattan
- Food Feud – Atlantic Community High School, Delray Beach, Fla.
- “Tips for Healthy Living During a Recession” guide for parents – Fordham High School, Bronx
- Rock Climbing – Metro Tech High School, Phoenix
2010 Highlights

- Expansion to 50 high schools in nine states.
- Launched Fit Town™ initiative to formalize grassroots activism and outreach for healthy change in communities surrounding HealthCorps® schools.
- Twitter (twitter.com/healthcorps) social media campaign launched.
  Reached almost 3,000 followers by the end of the fiscal year.
- Launched text-toDonate campaign (text “HEALTH” to 20222 and a $10.00 donation to HealthCorps will be added to next phone bill).
- Implementation of CDC School Health Index in all HealthCorps schools and presentation to CDC/DASH in Atlanta.
- Healthy cooking challenges launched in all HealthCorps schools through partnership with Family Cook Productions and sponsorship by Circulon® Gourmet Cookware.
- Launched Health Raisers fundraising campaign to raise money for HealthCorps through marathons and other athletic events.
- Get Healthy blog launched on www.healthcorps.org.
Events

Highway to Health Festivals
June 12, 2010 – The Bronx and California
June 5, 2010 – New York City
May 15, 2010 – Cleveland
May 1, 2010 – Tampa and New Jersey
April 24, 2010 – Pennsylvania
April 17, 2010 – Mississippi
April 11, 2010 – Miami
April 10, 2010 – Phoenix
April 3, 2010 – Houston
March 20, 2010 – Palm Beach, Fla.
Large festivals produced in conjunction with many local health resources and mix of partners. Approximately 25,000 people attended nationwide.

Fit Town™ U.S.A. Town Hall, March 10 & 11, 2010
HealthCorps® and Urban Zen Foundation brought together advocates for student preventive health to discuss solutions to America’s health crisis. The two-day conference included several HealthCorps® students and principals, as well as Advisory Board Members and HealthCorps advocates, including Lisa Oz, Tara Guber, Dr. Brian Wansink, Dr. Mache Seibel, Dr. Stephen Josephson, Beth DeFuria and Lynn Fredericks. Approximately 500 people attended.

Martin Luther King Jr. National Day of Service – January 18, 2010
In California, Coordinators helped at the Venice Beach Boys and Girls Club. In New York City, some helped at St. Nicholas Senior Center. All across the country, as part of the ServiceNation Martin Luther King Jr. Day of Service, 2,000 HealthCorps Coordinators and students marked the birth of the civil rights leader by giving back to their community through service.

Green Halloween, October 31, 2009
A free neighborhood festival that featured themed art from NYC school students. In Phoenix, HealthCorps participated in “Boo at the Zoo.” In Tampa, HealthCorps had a booth at the Green Halloween neighborhood event. About 3,000 people attended.
<table>
<thead>
<tr>
<th>School Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alhambra High School, Ariz.</td>
<td>School garden and farmer's market</td>
</tr>
<tr>
<td>Ulysses S. Grant High School, Calif.</td>
<td>&quot;Love Yourself&quot; quilting project and &quot;I Am Beautiful&quot; day</td>
</tr>
<tr>
<td>Forest Hill Community High School, Fla.</td>
<td>Refresh and Recycle campaign</td>
</tr>
<tr>
<td>Freedom High School, Fla.</td>
<td>Healthier vending machines.</td>
</tr>
<tr>
<td>Hialeah Senior High School, Fla.</td>
<td>Construction of Wellness Center</td>
</tr>
<tr>
<td>Palm Beach Gardens High School, Fla.</td>
<td>Stop the Violence Week</td>
</tr>
<tr>
<td>Santaluces Community High School, Fla.</td>
<td>Healthy fundraising</td>
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<tr>
<td>Tampa Bay Technical High School, Fla.</td>
<td>Healthier options for snacks and schools</td>
</tr>
<tr>
<td>Wellington Community High School, Fla.</td>
<td>Healthy snack and lunch options</td>
</tr>
<tr>
<td>Clarksdale High School, Miss.</td>
<td>Gardening</td>
</tr>
<tr>
<td>North Bergen High School, N.J.</td>
<td>School greenhouse and farmer's market</td>
</tr>
<tr>
<td>Aviation Career &amp; Technical Education High School, N.Y.</td>
<td>Campaign against drugs/prescription drug use</td>
</tr>
<tr>
<td>EBC High School for Public Service, N.Y.</td>
<td>G-Map of health resources in Bushwick community</td>
</tr>
<tr>
<td>Edward A. Reynolds West Side High School</td>
<td>Working with School Foods to bring in healthier options</td>
</tr>
<tr>
<td>The High School for Arts &amp; Business, N.Y.</td>
<td>Bodega makeover(s)</td>
</tr>
<tr>
<td>KIPP Academy, N.Y.</td>
<td>Biking workshop</td>
</tr>
<tr>
<td>Lower East Side Preparatory High School, N.Y.</td>
<td>Turning school parking lot into an afterschool sports/activities space for students</td>
</tr>
<tr>
<td>Manhattan Center for Science and Mathematics High School, N.Y.</td>
<td>Partnering with bodega near high school</td>
</tr>
<tr>
<td>Monroe Academy for Visual Arts &amp; Design, N.Y.</td>
<td>Video/media project on community, peace, &amp; environment</td>
</tr>
<tr>
<td>New Explorers High School for Film and Humanities, N.Y.</td>
<td>Biking project</td>
</tr>
<tr>
<td>Riverdale/Kingsbridge Academy (M.S./H.S. 141)</td>
<td>Sports league for middle school, coached by high school students</td>
</tr>
<tr>
<td>John F. Kennedy High School, Ohio</td>
<td>School beautification</td>
</tr>
<tr>
<td>John Marshall, Ohio</td>
<td>School beautification</td>
</tr>
<tr>
<td>KIPP Houston High School, Texas</td>
<td>Community/school garden</td>
</tr>
<tr>
<td>Sharpstown High School, Texas</td>
<td>Healthier lunch options</td>
</tr>
</tbody>
</table>
O: The Oprah Magazine’s Live Your Best Life Walk

HealthCorps® was proud to be one of ten nonprofit organizations chosen to be a beneficiary of O: The Oprah Magazine’s "Live Your Best Life" Walk on Sunday, May 9, 2010. The Walk was the culmination of a 3-day event in New York City celebrating O’s tenth anniversary.

Dr. Mehmet Oz led the top HealthCorps fundraisers in the walk. Coordinators staffed the water station for the walkers. HealthCorps had a booth at the Times Square finish line where walkers could learn more about nutrition, learn more about HealthCorps, and make donations to HealthCorps.
From major newspapers and magazines to local papers and blogs, HealthCorps® continued to garner media coverage for its work to improve the health of America’s youth and communities.

- BroadwayWorld.com, "Caron Wheeler Set for Fort Green Festival, Performs 6/26" - June 17, 2010
- 5 on 5 Expert Blog Series on nonprofit use of social media, "Interview with Michelle Bouchard, HealthCorps" - June 14, 2010
- Queens Chronicle, "Highway to Health Festival" - June 10, 2010
- New York 1, "Dr. Oz Promotes Healthy Living at Queens Festival" - June 6, 2010
- PBS News Hour, "In Mississippi, Growing Vegetables in a 'Food Desert'" - June 3, 2010
- Your Health Rocks Radio Show with Machelle Seibel, M.D. "Mehmet Oz, MD's Childhood Obesity Initiative Becomes a Movement" - May 31, 2010
- Seattle Health Examiner "Mehmet and Lisa Oz To Be Recognized at Bastyr University" - May 26, 2010
- The Dr. Oz Show "Dr. Oz's School Challenge with HealthCorps Presented by Chiquita" - May 24, 2010
- Harlem Talk Radio, "Childhood Obesity Discussion" - May 20, 2010
- Palm Beach Post, "Three Palm Beach County Schools Could Lose Popular Health, Nutrition Program" - May 6, 2010
- Reuters, "George Naddaff, CEO of UFood Grill, Honoree at HealthCorps Gala Event in Recognition of Bringing Healthy Food to America's Youth in a Quick Service Format" - April 30, 2010
- The Dr. Oz Show, "Dr. Oz's School Challenge with HealthCorps Presented by Chiquita" - April 27, 2010
- WNYW-TV, "Sick Airline Passengers, Dr. Oz Gala" - April 22, 2010
- The New York Times, "Dr. Does-It-All" - April 12, 2010
- WNYW-TV "Setting a Health Example for Kids" - March 31, 2010
- The Dr. Oz Show, "Dr. Oz's School Challenge with HealthCorps Presented by Chiquita" - March 31, 2010
- WPTV-TV "Free Health Fairs Today!" - March 20, 2010
- Fox Business, "California Walnut Board Announces Partnership with HealthCorps®" - March 18, 2010
- Forbes, "California Walnut Board Announces Partnership with HealthCorps®" - March 18, 2010
- The Dallas Morning News, "Celeb Dr. Oz Gets His Message across - Even to His Own Kids" - March 4, 2010
- KHOU-TV, "HealthCorps Fights Childhood Obesity" - January 27, 2010
- The St. Petersburg Times, "Group Courting Slow Food" - January 27, 2010
Fundraisers

Nibmor Let’s Give Back - June 26, 2010

Nibmor Chocolates held a fundraiser for HealthCorps® at Organic Avenue in Manhattan. HealthCorps President Michelle Bouchard thanked the generous vendors and organizers from Nibmor Chocolates, Organic Avenue, Regal Vegan, Purely Elizabeth, Stogo, The V-Spot, Organique, Funky Monkey, Tender Shoots, and other local healthy food venues who all donated their foods and talent to the great evening!

O: The Oprah Magazine’s Live Your Best Life Walk - May 9, 2010

HealthCorps was proud to be one of ten nonprofit organizations chosen to be a beneficiary of O: The Oprah Magazine’s “Live Your Best Life” Walk on Sunday, May 9, 2010. This walk was the culmination of a 3-day event in New York City celebrating O’s tenth anniversary.

Garden of Good & Evil Gala - April 21, 2010

HealthCorps took its fight against child obesity to Pier Sixty at Chelsea Piers for its fourth annual gala, the Garden of Good & Evil Gala. Hosted by HealthCorps Founders Dr. Mehmet Oz and his wife Lisa, the Gala honored four individuals making considerable contributions to the health and well-being of American youth - Tara Guber, Founder of YogaEd; Gary Hirshberg, President and CE-Yo of Stonyfield Farm; George Naddaff, CEO of U Food Grill; and Kerry Rhodes, Safety with the Arizona Cardinals and Founder of Rhodes Foundation.

Tropical Harvest - November 19, 2009

Cocktail reception and contemporary art sale to benefit HealthCorps schools in Miami. Hosted by Tibor Hollo and Florida East Coast Realty at The Opera Tower in Miami.

Teen Stampede - August 23, 2009

Banzai Wellness magazine organized a 5k run/walk and volleyball tournament in Dreher Park in West Palm Beach to benefit HealthCorps.

“I count it a blessing to have a job that allows me the flexibility to actively be a selfless activist for social change.”

- Katrina Sanders, Coordinator
<table>
<thead>
<tr>
<th>Revenue Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants</td>
<td>$2,003,593</td>
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<tr>
<td>Fundraising Events</td>
<td>$1,636,990</td>
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<tr>
<td>Donations</td>
<td>$325,362</td>
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<tr>
<td>Other Revenue</td>
<td>$35,933</td>
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<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$4,001,878</strong></td>
</tr>
</tbody>
</table>
## Expense Breakdown

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Program Services</th>
<th>General and Administrative</th>
<th>Fundraising</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payroll, payroll taxes &amp; benefits</td>
<td>$2,706,049</td>
<td>$2,380,418</td>
<td>$232,144</td>
<td>$93,487</td>
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<tr>
<td>Professional fees</td>
<td>80,609</td>
<td>-</td>
<td>80,609</td>
<td>-</td>
</tr>
<tr>
<td>Marketing &amp; promotion</td>
<td>6,741</td>
<td>-</td>
<td>3,371</td>
<td>3,370</td>
</tr>
<tr>
<td>Rent, parking and utilities</td>
<td>88,657</td>
<td>48,762</td>
<td>31,030</td>
<td>8,865</td>
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<tr>
<td>Office</td>
<td>194,709</td>
<td>113,370</td>
<td>68,946</td>
<td>12,393</td>
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<tr>
<td>Telephone</td>
<td>30,650</td>
<td>16,857</td>
<td>10,728</td>
<td>3,065</td>
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<tr>
<td>Technical support</td>
<td>112,141</td>
<td>39,249</td>
<td>61,678</td>
<td>11,214</td>
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<tr>
<td>Insurance</td>
<td>7,673</td>
<td>4,067</td>
<td>2,609</td>
<td>997</td>
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<tr>
<td>Postage</td>
<td>9,075</td>
<td>4,213</td>
<td>4,863</td>
<td>-</td>
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<tr>
<td>Depreciation</td>
<td>12,262</td>
<td>6,131</td>
<td>6,131</td>
<td>-</td>
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<tr>
<td>Curriculum &amp; educational material</td>
<td>704,416</td>
<td>704,416</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Travel</td>
<td>103,028</td>
<td>39,543</td>
<td>63,485</td>
<td>-</td>
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<tr>
<td>Donation</td>
<td>1,300</td>
<td>-</td>
<td>1,300</td>
<td>-</td>
</tr>
<tr>
<td>School equipment &amp; other program expense</td>
<td>93,421</td>
<td>93,421</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Outside service contracts</td>
<td>181,107</td>
<td>63,389</td>
<td>99,607</td>
<td>18,111</td>
</tr>
<tr>
<td>Special events</td>
<td>338,122</td>
<td>338,122</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$4,669,960</strong></td>
<td><strong>$3,851,956</strong></td>
<td><strong>$666,501</strong></td>
<td><strong>$151,503</strong></td>
</tr>
</tbody>
</table>

“HealthCorps is an incredible vehicle to donate your time, money, or whatever it is that you have to give to be of service to such a worthy cause.”
- Tara Guber, Founder, YogaEd
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Zoco; New York-Presbyterian Hospital

Benjamin Lewis,
M.D.; Mehmet C.
Oz, M.D.; Alexander
Markowits; Thomas
J. Higgins; and Roger
Ross

“I’ve actually lost ten pounds; so I’m happy about that.”
- Yolanda,
student,
Edward A.
Reynolds
West Side High
School,
Manhattan

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- Merrill Richmond
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Contributions keep HealthCorps® moving and help America’s youth get moving.

Will this generation live, long, healthy lives, or will this be the first generation not to live a lifespan as long as their parents? The decision is up to each of us.

Checks payable to “HealthCorps, Inc.” can be mailed to:
HealthCorps, Inc.
505 8th Avenue Suite #1101
New York, NY 10018

HealthCorps® is successfully mentoring students about nutrition, fitness and mental strength.

Visit www.healthcorps.org to donate online by credit card and learn other ways to support

Text HEALTH to 20222 to make a $10.00 contribution to HealthCorps.

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“You are starting a healthy epidemic.”
- Guidance Counselor, Tottenville High School, Staten Island