

After-school programs (ASP) provide an excellent opportunity to teach positive behaviors and shape the growth and development of youth (Mahoney, Parente, & Zigler, 2010). In the United States, an estimated 10 million youth participate in ASPs and over 1 billion dollars in government funds support these programs (Afterschool Alliance, 2014; U.S. Department of Education [USDE], 2015). However, there have been mixed findings on whether or not these programs have a significant impact on their participants (Durlak, Weissberg, & Pachan, 2010). The most popular services offered by ASPs include physical activity, school assistance, and STEM-focused activities (Afterschool Alliance, 2014). Fewer ASPs address the issues of nutrition, body image, and self-esteem. Since these issues continue to be relevant, it is imperative that they are addressed during adolescence in order to