



EMPOWERING FAMILIES TO LIVE HEALTHIER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY WEIGHT AND YOUR CHILD 1



Healthy Weight and Your Child is a 12 week session evidence-based program for children with obesity. The program includes a Family Information Session followed by fun activities. The family-based weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight.

PROGRAM INFORMATION

The Healthy Weight & Your Child program is being held:
Wednesday 5 PM-6:30PM

- Y-Members \$135
- Non-Members \$270



****AllCare & other insurance companies may pay for this program in full with a prescription from your physician. Please check with your insurance provider.**

Please contact Rita Kurz, Wellness Director for more information regarding start date.

A FAMILY-BASED LIFESTYLE CHANGE PROGRAM

- In-person sessions for child and adult
- Physical activity
- Healthy eating
- Portion control
- Food label reading
- Internal and external triggers

TO QUALIFY FOR PARTICIPATION IN THIS PROGRAM

- The child must be 7 to 13 years old at the start of the group class.
- The child must carry excess weight, with a body mass index of the 95th percentile or higher.
- The child must receive clearance from a health care provider or school nurse to participate in physical activity.
- An adult must attend all sessions with the child.

