



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY WEIGHT AND YOUR CHILD

25 session evidence-based weight management program to reclaim your family's health through healthier eating habits and an active lifestyle. This program is designed with the whole family in mind, engaging a child and adult in education, healthy eating and physical activity to elicit positive change and help families learn skills to live a healthier lifestyle long-term. Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

A FAMILY-BASED LIFESTYLE CHANGE PROGRAM:

- 16 weeks with 25 sessions for 1 child & 1 parent
 - Sessions 1-20 meets two days per week for 2 hours
 - Sessions 21-25 meets one day a week for 2 hours
- In-person sessions for child and adult
- Physical activity
- Healthy eating
- Portion control
- Grocery store tour
- Food label reading
- Internal and external triggers

TO QUALIFY FOR PARTICIPATION IN THIS PROGRAM:

- Child must be 7-13 years old
- Child must carry excess weight, with a body mass index of 95th percentile or higher
- Child must receive clearance from a healthcare provider or school nurse to participate in physical activity
- Adult **MUST** attend all sessions with child

EARLY ADOPTER

West Cook YMCA is one of 30 Ys participating in a pilot program to address childhood obesity in youth ages 7-13, with a body mass index of the 95th percentile or higher and their families.

PROGRAM LOCATIONS

- West Cook YMCA
- Gottlieb Memorial Hospital

STARTING IN SEPTEMBER



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