FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING HEALTHIER CHOICES TOGETHER

Healthy Weight and Your Child

Lakeland Hills Family YMCA

NEW!





PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity, and behavior change to empower children and their families to live a healthier and active lifestyle. Families will work with trained Leadrs for the duration of the 25-session program.

WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

TO QUALIFY, A CHILD MUST:

- Be 7 - 13 years of age
- Carry excess weight, with a body mass index of the 95th percentile or higher
- Receive clearance from a healthcare provider (including a school nurse) to participate in physical activity
- Have an adult attend all sessions



For More Information Contact:

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