



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMPOWERING FAMILIES TO LIVE HEALTHIER

## Healthy Weight and Your Child UPPER PALMETTO YMCA

Healthy Weight and Your Child empowers children ages 7-13 years old, with the support of their families, to reach a healthy weight and live a healthier lifestyle. Through the leadership of Y staff, the 4-month long, evidence-based program engages a child and adult as a pair, so together they can understand how the home environment and other factors influence the choices that lead to a healthy weight. The program emphasizes behavior changes to support healthy eating and physical activity.

Families will work with trained leaders and learn about topics, including:

- Healthy eating
- Physical activity
- Food label reading
- Internal and external triggers
- Portion control
- Goal setting and rewards

### 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.

Does your child qualify?

In order to qualify for participation in the Healthy Weight and Your Child Program:

- Child must be 7-13 years old.
- Child must carry excess weight, with a body mass index (BMI) of the 95th percentile or higher.
- Child must receive clearance from a healthcare provider or school nurse to participate in physical activity
- Parent/caregiver must attend all sessions.



**CLASSES WILL BEGIN IN EARLY 2019  
FOR MORE INFORMATION CONTACT  
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