



Empowering Families to Live Healthier Healthy Weight and Your Child

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 to learn about topics, including healthy eating, physical activity, portion control, internal and external triggers, food label reading, and goal setting and rewards. 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.

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.

We are currently enrolling for:

- Charlotte Avenue YMCA
- Monday/Wednesday
- 6–8 PM
- Beginning August 26—December 11
- Information Sessions at:
402 Charlotte Ave, Rock Hill, SC
August 19th 6–8 PM
August 21st 6–8 PM

**For more information contact the
Community Health Coordinator:**

(p) 803-324-9622x226, (e) ebhi@upymca.org

