



# Healthy Families Healthy Lifestyle

## Health Intervention Program for Children (8 and up) and Parent.

The Y believes that you can achieve a healthy weight together. Reclaim your family's health through healthier eating habits and an active lifestyle with our Healthy Family Healthy Lifestyle Program!

### HOW THE PROGRAM WORKS:

Healthy Family Healthy Lifestyle is a three-month program for children with obesity. The program empowers 8 and older, with the support of their families, to reach a healthy weight and live a healthier lifestyle.

The program, made up children and their adult, creates a safe, fun, and active environment for children and their families to explore and adopt proven methods to living a healthier lifestyle.

The program is delivered by two trained leaders: A Content Leader who delivers the education and nutrition portions of the program; and an Activity Leader who leads physical activity safely for children with obesity.

Children with obesity are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem, and are more likely to develop risk factors for cardiovascular disease and prediabetes.

## EMPOWERING FAMILIES TO LIVE HEALTHIER

### Why the whole family?

Healthy Family Healthy Lifestyle engages the whole family, so together they can understand how the home environment and other factors influence the choices that lead to a healthy weight.

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

For this reason, the program is designed so that adult attendance is required at all sessions.

To qualify for participation in this program:

- Child must be 8 and older
- Child must carry excess weight
- Adult MUST attend all sessions with child

A family-based lifestyle change program:

- In-person sessions for child and adult
- Peer support for adults
- Physical activity
- Healthy eating
- Portion control
- Food label reading

For more info visit or call the front desk: 610.557.9622