

RECLAIM YOUR  
**FAMILY'S**  
**HEALTH**  
**THROUGH**  
HEALTHIER EATING HABITS  
AND AN ACTIVE  
**LIFESTYLE**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**MAKING**  
HEALTHIER CHOICES  
**TOGETHER**

Healthy Weight and Your Child  
YMCA OF METROPOLITAN MILWAUKEE





## How the Program Works

Healthy Weight and Your Child is a 25-session evidence-based program for children with obesity. The program empowers 7-13 year olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program includes a Family Information Session followed by 25 sessions delivered over four months.

Each child participates in the program with a trusted adult (for a total of 20 to 30 people in each class). The program creates a safe, fun, and active environment for children and adults to explore and adopt proven methods to living a healthier lifestyle.

Healthy Weight and Your Child's curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world. The family-based weight-management program emphasizes three elements: healthy eating, regular physical activity, and behavior change to elicit a positive life-long lifestyle transformation.

**For more information on Healthy Weight and Your Child, contact your local YMCA today!**



## Why the Whole Family?

Healthy Weight and Your Child engages the whole family, so together you 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.

## Did You Know?

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.

Youth with obesity are more likely to develop risk factors for cardiovascular disease and prediabetes.

## A Family-Based Lifestyle Change Program

- In-person sessions for child and adult
- Peer support for youth and adults
- Physical activity
- Healthy eating
- Portion control
- Grocery store tour
- Nutrition facts label reading

## 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 the 95th percentile or higher
- Child must receive clearance from a health care provider (including a school nurse) to participate in physical activity
- Adult **MUST** attend all sessions with child

## To learn more about this program contact:

Karen Kalkhoff  
 EBHI Coordinator  
 YMCA of Metropolitan Milwaukee  
 414-357-2811  
 kkalkhoff@ymcamke.org

YMCAMKE.ORG