



# EMPOWERING FAMILIES TO LIVE HEALTHIER

## HEALTHY WEIGHT AND YOUR CHILD

### PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders 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 old
- Carry excess weight (Body mass index of 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

### LEARN MORE

For more information about the program, contact Lisa Schwartzner at [lschwartzner@ymcabucks.org](mailto:lschwartzner@ymcabucks.org) or 215.839.6473