HEALTHY WEIGHT AND YOUR CHILD
EMPOWERING ‘OHANA TO LIVE HEALTHIER

Healthy Weight and Your Child program now offered on O‘ahu
A partnership program provided by Hawai‘i Pacific Health & YMCA of Honolulu

PROGRAM STRUCTURE
Families work with trained Leaders during the 25-session program. We meet twice per week over a 4 month period. During this time, children and adults learn about:

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

@ Castle Medical Center

If interested, please contact Noël before August 23
Class will meet on Mondays & Wednesdays from 5:15 - 7:30 PM

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.

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.

TO QUALIFY, A CHILD MUST:
- Be 7-13 years old
- Carry excess weight, with a body mass index of the 95th percentile or higher
- Receive clearance from a healthcare provider or school nurse to participate in physical activity
- Have a parent/guardian attend ALL sessions

PROGRAM FEE:
- $80/family for the 4 month program
- Monthly payment plans available
- Financial assistance available to those who qualify
- YMCA Family Membership is included at no addition cost

“We love this program! It has helped us make healthy changes”
- a Nu‘uanu participant

Tentative groups to start at various locations in Spring & Fall. Specific launch dates TBD as classes fill. For more information about the program visit www.ymcahonolulu.org or contact our Program Coordinator, Noël Gibeau, at 808.548.0951 or ngibeau@ymcahonolulu.org