



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY CHILDREN, HEALTHY FUTURES



## Healthy Weight and Your Child

Healthy Weight and Your Child creates a safe, fun and active environment for a child ages 7-13 and their family to explore and adopt proven methods to living a healthier lifestyle. This family-based lifestyle change program teaches participants how the home environment and other factors influence choices that lead to a healthy weight with an emphasis on behavior changes to support healthy eating and physical activity.

### Families work with trained leaders and learn about topics, including:

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

### In order to qualify for participation in the Healthy Weight and Your Child Program, your child must:

- Be 7-13 years old
- Carry excess weight, with a body mass index (BMI) in the 95th percentile or higher
- Receive clearance from a healthcare provider or school nurse to participate in physical activity
- Adult **MUST** attend all sessions with child

### Why must an adult attend?

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 parent/caregiver attendance is required at all sessions.



## LOCATIONS:

- Houston Texans YMCA in the Greater Third Ward
- West Orem Family YMCA in Southwest Houston
- BakerRipley Cleveland Campus in Pasadena
- Burnett Elementary School in Pasadena
- Burbank Middle School in Northline
- Baytown Family YMCA

**REGISTER  
TODAY**

For more information email [healthy.kids@ymcahouston.org](mailto:healthy.kids@ymcahouston.org) or call 713-758-9179.



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

[ymcahouston.org](http://ymcahouston.org)



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# NIÑOS(AS) SALUDABLES, FUTUROS SALUDABLES



## Un Peso Sano y su Hijo

Un Peso Sano y su Hijo crea un ambiente seguro, divertido y activo para niños y niñas edades 7-13. Le da la oportunidad a las familias para que exploren y adquieran metodos comprobados que les ayudaran a vivir un estilo de vida más saludable. Nuestro programa familiar le enseña los participantes como factores en el ambiente familiar ya sea en casa o afuera de ella pueden influenciar un cambio en la actitud que los ayudara a obtener un peso saludable via alimentación sana y ejercicio.

### Nuestras familias trabajan mano a mano con instructores en temas como:

- Alimentación sana
- Actividades físicas
- Control de porciones
- Recorridos por el supermercado
- Como leer etiquetas de alimentos
- Provocadores internos y externos

### Para poder participar en este programa:

- El niño debe tener de 7 a 13 años
- El niño debe ser obeso, con un índice de masa corporal del percentil 95 o más alto
- Para participar en actividades físicas, el niño debe ser aprobado por un proveedor de servicios médicos o una enfermera del colegio
- El adulto DEBE acompañar al niño a todas las sesiones

### Porque necesitamos un adulto?

Estudios an comprobado que los programas para mantener un peso saludable son mas efectivos cuando la familia completa participa en ellos, por esta razón el programa esta diseñado para que un adulto/encargado asista a todas las sesiones.



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**REGISTRATE  
HOY**

Para más información sobre el programa Healthy Weight and Your Child (un peso sano y su hijo): [healthy.kids@ymcahouston.org](mailto:healthy.kids@ymcahouston.org) o 713-758-9179.



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