

Strong Kids Strong Teens

Teaching children, teens and families to take charge
of healthy eating and being active.

Childhood Obesity

To address this issue, the South Sound YMCA is participating in Strong Kids Strong Teens, a unique program created by the YMCA of Greater Seattle, Children's Hospital and Regional Medical Center, and Odessa Brown Children's Clinic. Strong Kids Strong Teens is an 18-week program that combines nutrition guidance and physical activity to help overweight youth develop healthy lifestyles.

The Solution

- Youth (8-11) and with a BMI \geq 85th percentile are eligible for this program.
- Parents participate with their children.
- There are two 90-minute sessions per week for twelve weeks, followed by weekly sessions for six weeks.



Join Strong Kids Strong Teens

It's Easy for Parents to Enroll!

- Fill out the parent's portion of the referral form available at the Downtown YMCA or at the Briggs Community YMCA.
- Take or fax the form to a doctor, nurse practitioner or a school nurse to complete.
- Request that the doctor or nurse fax the completed form to the YMCA at the number indicated.
- Get started with Strong Kids Strong Teens **after a YMCA staff member contacts the family.**
- **Cost:** YMCA Full Members: \$90; Basic/Non-Members: \$150. Financial Assistance is available.

Program Dates:

Downtown YMCA: January 21-May 22, 2010

Thursdays 6:00-7:30 pm and Saturdays 3-5:30 pm

Briggs Community YMCA: January 18-May 19, 2010

Mondays and Wednesdays 5-6:30 pm

For more information call (360) 918-0257.

www.southsoundymca.org

