

LEARN

Why participate?

It's important. Think your weight doesn't matter? Think again. Being overweight is hard on your body. It can wear down your joints, stress your heart, and flatten your mood. Chances are it's not helping your self-esteem, either. So you need healthier habits—because you're important, and you deserve better.

It works. No "miracle diets" or "magic pills" here. Healthy Habits for kids is based on what has really worked for other kids and families. The tips and information you'll learn can help you get on the right track, too—and stay there.

It's time. Studies show that if you're overweight as a kid or teen, you're likely to be overweight as an adult, too. The good news? Now is the best time to do something about it. You have a better chance to change your daily habits now than at any other stage of life.

"I wanted to do something, but I didn't know where to start. The program got me going and gave me hope I could succeed."



"One thing at a time, day by day."
"We changed a lot of family habits this way—and now all of us are healthier."

CALL

To register or for more information

Individual Counseling

Nine sessions in the course of a year for \$425.

Bear River Valley Hospital	435.716.5329
Cassia Regional Medical Center	208.677.6288
Dixie Regional Medical Center	435.688.4184
Heber Valley Medical Center	435.654.2500 Ext. 2371
Logan Regional Hospital	435.716.5329
McKay-Dee Hospital Center	801.387.7854
Primary Children's Medical Center	801.662.5316
Utah Valley Regional Medical Center	801.357.8143
Valley View Medical Center	435.868.5335

Group Classes

Nine (or more) classes of your choice over the course of a year for \$225.

Dixie Regional Medical Center	435.688.4180
McKay-Dee Hospital Center	801.387.7854
Primary Children's Medical Center	801.662.5316
Riverton City Hall	801.662.5316
Utah Valley Regional Medical Center	801.357.8143
Valley View Medical Center	435.868.5335

Savings for SelectHealth Members!

SelectHealth will reimburse \$200 per calendar year for either the individual counseling or group class provided at any Intermountain facility. To be eligible for the reimbursement you must meet attendance goals and achieve lifestyle changes. For more information contact your local facility listed above.



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Patient and Provider Publications 801.442.2963 IHCEDHH015 – 05/09

LIVE

HEALTHY HABITS FOR KIDS

A pediatric weight management program



START





CHOOSE

A format that fits

The Healthy Habits for Kids program comes in two formats: **individual counseling** sessions and **group classes**.

Which one would work best for you and your family? Read the descriptions to find out.

Individual Counseling

- You and your family attend sessions one-on-one with a dietitian who acts as your coach over the course of the program.
- Your coach evaluates your eating habits, physical activity, and family environment—then gives you personalized feedback and tips.
- You can schedule appointments at your convenience and at your own pace. To complete the program, schedule 9 sessions in a 12-month period. You can also attend the group physical activity classes (see the descriptions at right).
- Topics are personalized to your unique needs and lifestyle. Need tips for cooking and shopping healthy? Ideas for a more active lifestyle? Tools to gauge progress and stay motivated? Your coach can help you learn what you need to know, when you need to know it.



*"I felt like we were in it together."
"Having the positive support and participation of my parents really helped."*

"For me, being in a group was good. There are other people going through the same thing and you see you're not the only one."

Group Classes

- The group option is a series of one-hour classes on nutrition, physical activity, and behavior change. Only 9 classes are required to complete the program; however, you can attend all the classes offered in a 12-month period if you wish.
- Classes are offered at many locations throughout the state (refer to the list on the back of this brochure).
- The standard 12-month series includes 3 "core" classes—one each in the nutrition, physical activity, and behavior categories listed to the right—and 6 more classes of your choice.
- Start the program anytime a core class is offered—just call the phone number on the back of this brochure to register.

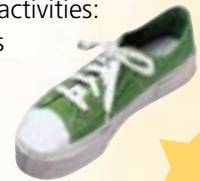
Nutrition Class Topics

- **Required core class:** spotlight style of eating, the USDA Food Guide
- Nutrients and the body: carbohydrates, sugar (soda drinks), fiber (fruits, vegetables, whole grains), protein, fats
- Family meals: breakfast, snacks, fast food, school lunch
- Label reading
- Meal planning ideas: plate methods, calendars, recipes, websites



Physical Activity Class Topics

- **Required core class:** physical activity overview, ideas for playful fun, and limiting screen time
- Cardiovascular activities: walking, dancing, running, swimming, sports
- Flexibility activities: yoga, pilates, stretching at home
- Strength and endurance activities: weights, resistance bands
- Instructor choice: try a new activity and teach others



Behavior Class Topics

- **Required core class:** self-esteem, body acceptance, body shape, teasing
- Environment: family support, positive attitudes about food
- Awareness: emotional eating, hunger scale, intuitive eating

