

# Healthy You

## Weight management for young people

Children who weigh more than they should risk serious health problems, such as high blood pressure, diabetes and artery-damaging high cholesterol. If your child has difficulty maintaining a healthy weight, Children's Hospital of The King's Daughters and the YMCA can help.

“Healthy You” is the region’s only weight management program designed specifically for young people. It includes individual assessments, a 10-week series of healthy lifestyle classes and an 8-week membership to the YMCA.

Parents and children will have the opportunity to:

- Learn the fundamentals of good nutrition and portion control
- Kick-start a personal exercise program that is fun and motivating
- Gain support and hope from other children and families with similar concerns

2010 CLASSES

### Youth Class (ages 8 to 11)

Mondays/Thursdays, January 25 to March 29, Chesapeake

Tuesdays/Thursdays, March 23 to May 25, Newport News

Mondays/Thursdays, June 21 to August 23, Virginia Beach

Tuesdays/Thursdays, September 28 to November 30, Norfolk

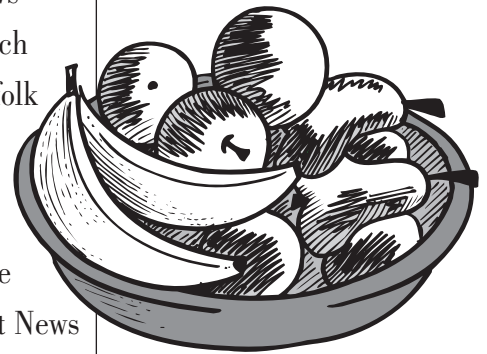
### Teen Class (ages 12 and up)

Tuesdays/Thursdays, January 19 to March 23, Norfolk

Tuesdays/Thursdays, June 15 to August 17, Chesapeake

Mondays/Thursdays, September 20 to November 22, Newport News

*Locations and dates subject to change.*



Call 668-7035 for registration material and fee information. Tuition assistance is available.



Children's Hospital  
of The King's Daughters