

# 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

2011 CLASSES

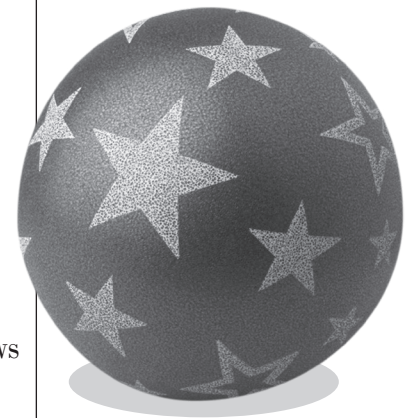
### Youth Class (ages 8 to 11)

Mondays/Thursdays, January 31 to April 4, Chesapeake  
Tuesdays/Thursdays, March 15 to May 17, Newport News  
Tuesdays/Thursdays, June 21 to August 23, Virginia Beach  
Tuesdays/Thursdays, September 20 to November 22, Norfolk

### Teen Class (ages 12 and up)

Tuesdays/Thursdays, January 18 to March 22, Norfolk  
Mondays/Thursdays, April 18 to June 27, Chesapeake  
Mondays/Thursdays, September 19 to November 21, Newport News

*Locations and dates subject to change.*



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

