

Hello and good evening. My name is Xyla A. King. I was born on January 27, 2001. I am 10 years old and I am in the 4th grade at Norfolk Academy, where I have been attending since the first grade. Today I will talk about my risk of “diabesity” and how the Healthy You Program at the Children’s Hospital of King’s Daughters turned it around.

When I was 9 years old I found out that I was overweight, and if I didn’t make a change, I would become a diabetic. So, to help me improve my health, my mother enrolled me in CHKD’s Healthy You Program, which was a really big help to my weight loss.

The Healthy You Program is an organization which helps children that are overweight get a healthier body. Our group met two out of seven nights each week for ten weeks. On one of the two nights we met for class to talk about eating healthy. We learned how to count calories, read food labels, measure out portion size, and make healthy choices about food. One night our class even took a trip to the grocery store with the nutritionist to learn how to make better decisions when buying groceries.

On the second night of each week, we met at the YMCA for our fitness workout. I thought exercising was going to be hard work, but we did some fun activities like Zumba, group aerobics, and learning how to walk on the treadmill. One night we walked from the YMCA to Nauticus! The instructors made it fun, because we did 3 exercises along the way. By doing that, the walk did not seem that long at all.

Also, the Healthy You program taught us about the importance of having high self-esteem and things that we could do to improve our self esteem such as believing in ourselves and turning our dreams into reality. To help us with this, we all made a collage about who we are, our favorite things, and what we want to be in the future. I was excited to share my collage with the class.

The Healthy You program has changed my life. It has taught me how to live and eat healthier, how to have fun when exercising, and the importance of always thinking highly of myself. When my mother took me back to the doctor in February, I was excited to find out that my lab results came back fine and I am no longer at risk for diabetes at the age of 10.

In conclusion, I would like to thank Ms. Babs and all the staff with the Healthy You Program. Now I would like to share a poem with you that I wrote about my experiences in the Healthy You program:

Helping kids that are overweight
Educating both kids and adults about eating healthy
A friendly organization
Loving and caring people
Ten weeks of the best program I ever participated in
Having fun and exercising at the same time
You will see a difference in your appearance and self esteem

Your life will be forever changed
Our experience was unforgettable
Understanding how to make healthy choices