



Healthy You for Life

CHKD's Healthy You for Life is a comprehensive program designed to help children gain control of their weight to improve their health. Parents and children work together focusing on nutrition, healthy eating, meal planning, physical activity, and emotional support.

Who is eligible?

The program is for children ages 3 through 18 who have weight-related health problems and a body mass index (BMI) greater than the 85th percentile. Your child's primary care physician will help make this assessment. You must have a referral from your child's physician to attend the Healthy You for Life program. Your physician will receive copies of the program's recommendations and goals.

Components of the Healthy You for Life program:

- Medical clinic with follow-up for at least one year.
- Team approach focusing on nutrition, activity and behavior.

Medical clinic

Once enrolled, individual goals are set based on an evaluation from the registered dietitian, exercise specialist, and mental health specialist. Patients meet with clinic staff periodically for up to one year for continued guidance and encouragement.

Because children who are overweight often struggle with emotional and social issues, mental health specialists address topics such as body image, self-esteem, and mindful eating.

Nutrition and fitness classes

Nutrition visits will include a meeting with a registered dietitian to discuss a variety of healthy eating topics for the entire family. They include meal planning, stretching the grocery dollar, picky eaters and mindful eating.

One-on-one visits with an exercise specialist will assess strength and cardiovascular endurance, monitor progress and develop an activity plan.

Group fitness classes led by an exercise specialist are designed specifically for Healthy You patients to encourage movement and activity.

Participants attend interactive fun and informative sessions to boost health and wellness goals.



OUR LOCATIONS

CHKD Health Center at Fort Norfolk

301 Riverview Avenue
Norfolk, VA 23510

CHKD Health and Surgery Center at Oyster Point

11783 Rock Landing
Newport News, VA 23606

CHKD Health Center at Landstown

1924 Landstown Centre Way
Virginia Beach, VA 23456

CHKD Health Center at Harbour View North

7021 Harbour View Blvd
Suffolk, VA 23435

Children's Hospital of The King's Daughters complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (757) 668-8246
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**Healthy You
for Life**

[CHKD.org/HealthyYou](https://www.chk.org/HealthyYou)