

# FUN 2B FIT



*This program is a collaboration with Cincinnati Children's Hospital and the Blue Ash YMCA.*



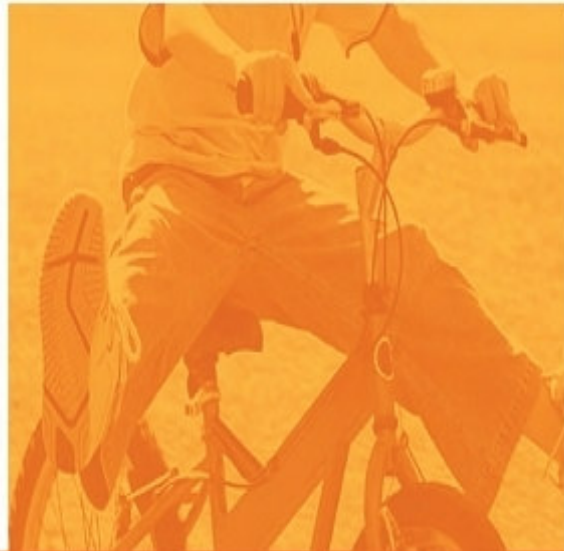
## Blue Ash YMCA

5000 YMCA Drive  
Cincinnati, Ohio 45242

Phone: 513-791-5000

Fax: 513-792-5309

Website: [www.myy.org](http://www.myy.org)



# FUN 2B FIT

CINCINNATI CHILDREN'S AT YOUR YMCA



## PROGRAM HIGHLIGHTS

### DIET:

- Promoting a balanced, portion-controlled eating plan
- Establishing a meal and snack pattern that is nutritionally balanced with portions that are age-appropriate to help achieve a healthier weight
- Setting nutrition goals to shape healthy eating behaviors and food choices

### BEHAVIOR MODIFICATION:

- Teaching children and their families how to set goals with eating habits and physical activity, and keeping track daily to know when goals are met
- Finding ways for the family to be supportive of a healthier lifestyle, whether at or away from home
- Making gradual behavior changes over time, and taking on more when the family feels ready

### NUTRITION EDUCATION:

- Sharing best health practices for kids and families and the importance of family meal time
- Communicating the significance of calories, energy balance, and the role of nutrients in the body
- Explaining the USDA's New Food Guide Pyramid
- Teaching menu planning, and how to eat light when eating out

### PHYSICAL ACTIVITY:

- Using structured and fun group physical activities at the YMCA, including stretching, resistance training and cardiovascular exercise to increase energy expenditure
- Developing activities and skills to promote being physically active at home and in your community

*At the YMCA, we build strong kids, strong families, strong communities.*

## NOTE TO PHYSICIANS:

Childhood obesity continues to grow as an alarming threat to the health of America's future generations. In order to help our community families combat this trend, Cincinnati Children's has teamed up with the YMCA of Greater Cincinnati to create Fun2BFit.

Fun2BFit is a 12-week comprehensive weight-management program intended for overweight youth ages 8-13 and their families. Participants of the program will receive guidance and support from a registered dietitian from Cincinnati Children's as well as physical fitness experts from the YMCA.

The program consists of:

- Weekly group meetings focused on diet, physical activity and behavior change.
- Parent education on how to create a positive and supportive home environment to help establish a healthier lifestyle.
- Group physical activity sessions for the children three times a week at the YMCA.

Parents are encouraged to utilize the Blue Ash YMCA's facilities for health and well-being. In an effort to promote a healthy lifestyle for the entire family, community member parents with children registered in the program are given access to the Blue Ash YMCA fitness center to exercise during the Fun2BFit Group Exercise Sessions.

## 12-WEEK PROGRAM

This 12-week program is designed to conveniently meet the needs of overweight children and their families in their own community. The program emphasizes the use of behavioral skills to help establish healthier eating patterns and a more physically active lifestyle within a supportive family environment.

A group of up to 20 children and their families will meet weekly with a registered dietitian and learn strategies to help make better food choices, select age-appropriate portions, develop healthier eating behaviors and learn skills to promote a physically active lifestyle.

Children will have the opportunity to participate in one-hour group exercise sessions three times a week offered in a fun, non-competitive environment. All activities in the group exercise sessions are tailored to the age and capabilities of the children enrolled. Progress reports will be provided to families at regular intervals on changes to weight, body composition and physical fitness.

# PROGRAM DETAILS

### LOCATION:

Blue Ash YMCA  
5000 YMCA Drive  
Cincinnati, OH 45242  
513-791-5000  
[www.myy.org/fun2bfit](http://www.myy.org/fun2bfit)

### ELIGIBILITY:

1. Your child must have a physician's referral to register for Fun2BFit. The referral must indicate that your child's body mass index (BMI) is in the 85th percentile or above for their age and gender. If you know your child's height and weight from a recent doctor's visit, you can determine BMI percentile using the on-line BMI calculator at this website:

[www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi)

2. Families must attend an information session in order to register for Fun2BFit.

If you are unable to meet either of the eligibility requirements, please contact the YMCA to discuss alternate arrangements.

### INFORMATION SESSIONS:

Saturday, September 12, 9:00 AM  
Tuesday, September 15, 7:00 PM

Due to the structure of the program, all participants must be registered prior to the program start date. Registration materials will be provided to families at the information sessions.

### START DATES:

Baseline Assessments: Saturday, September 19, at 8:00 AM  
First Class: Tuesday, September 22, at 5:45 PM

### SCHEDULE:

#### **Group Exercise Sessions:**

Tuesdays 5:45 - 7:00 pm

Thursdays 6:00 - 7:00 pm

Saturdays 11:30 am - 12:30 pm

#### **Group Education Sessions:**

Parent/Guardian Session

Saturdays 11:30 am - 12:30 pm

Parent/Guardian & Children Session

Saturdays 12:30 - 1:00 pm

### COST:

YMCA Members:	\$25/month
Community Family:	\$40/month

\*Fees are listed on a per-month basis. The program runs 12 weeks, and is sold as a package, not a month-to-month basis. Fees may be paid in full or monthly. Please see registration form for payment details.

Your child's health comes first to us. Financial assistance is available for families. Please ask at the YMCA Welcome Center or call the YMCA for more information about our scholarship program.