

Help your child make healthy choices

**Join today**

- Visit our members service desk for enrollment application
- Program is Free with doctors prescription
- Health & Wellness benefit for Members of the South Mountain YMCA
- Both parents and child participation and dedicated are encouraged in the program.

For Additional questions please contact:

**Amy Emory**

Health and Wellness Coordinator  
602-276-4246 ext 963



[aemory@vosymca.org](mailto:aemory@vosymca.org)

The mission of the YMCA is to put Christian principles into practice through programs that build healthy **SPIRIT, MIND, and BODY** for *all*.



**SOUTH MOUNTAIN  
YMCA**

222 E Olympic Drive  
Phoenix, AZ 85040  
(602) 276-4246  
[WWW.VALLEYYMCA.ORG](http://WWW.VALLEYYMCA.ORG)

**ACTIVATE  
AZ KIDS CLUB**

Childhood Obesity Prevention Program

**STRONG KIDS**

**STRONG FAMILIES**

**STRONG COMMUNITIES**



Valley of the Sun  
**YMCA**

## Knowledge

- 1 in 3 youths are obese or overweight. Overweight adolescents have a 70% chance of becoming overweight adults
- For children born in the United States in 2000, the lifetime risk of being diagnosed with Type 2 diabetes at some point in their lives is estimated to be about 30% for boys and 40% for girls.
- In a population-based sample, approximately 60% of obese children aged 5 to 10 years had at least one cardiovascular disease risk factor, such as elevated total cholesterol, triglycerides, insulin or blood pressure, and 25% had two or more risk factors.
- Among boys, the highest prevalence of obesity is observed in Hispanics. Among girls, the highest prevalence is observed in African Americans

## Power

- Experts agree that inactivity and poor eating habits contribute to obesity.
- National guidelines recommend 150 minutes of physical activity each week for elementary children and 225 minutes for older children.
- Healthy Lifestyle begin in the home.



## Addressing The Need — Program Basics

- 8 weeks of various physical fitness for kids ages 6—14  
2 hours each week of cardio and strength training
- Nutritional Education  
1 hour each week on nutritional importance for families
- Pre and Post Testing to encourage improvement
- Continual Program Opportunities and Support for building a lifelong healthy lifestyle

## Benefits of Program

Kids learn from example! Parents are encouraged and invited to attend sessions with their child. Healthy lifestyles begin in the home!

Promotes the health and well-being of children and their families through support of health systems that are committed to excellence

Encouragement from instructor and peers raises morale— in turn raising self esteem.

Program strives to build healthy spirit, mind, *and* body.

# YFITNESS<sub>for</sub>YOUTH

## Class Days and Times

**Tuesday and Thursday @ 5pm-6pm**

**Fitness classes**

**Wednesday @ 5pm-6pm**

**Nutritional Education**

**Program is  
FREE**

