

Strong Kids Strong Teens

Teaching children, teens and families to take charge of healthy eating and being active.

Childhood Obesity

To address this issue, the YMCA of Greater Seattle, Seattle Children's Hospital and Odessa Brown Children's Clinic created a unique program. Strong Kids Strong Teens is an 18-week program that combines nutrition guidance and physical activity to help overweight youth develop healthy lifestyles.

The Solution

- Youth (8-11) and teens (12-14) with a BMI $\geq 85^{\text{th}}$ percentile are eligible for these programs.
- Parents participate with their children
- There are two 90 minute sessions per week for 12 weeks, followed by weekly sessions for 6 weeks.



Join Strong Kids Strong Teens

It's easy for parents to enroll:

- Fill out the parent's portion of the referral form available at your YMCA or online at <http://obesity.seattlechildrens.org>
- Take or fax the form to a doctor, nurse practitioner or school nurse to complete.
- Request that the doctor or nurse fax the completed form to the YMCA where the family will participate.
- Get started with Strong Kids Strong Teens after a staff member contacts the family.

YMCAs offering Strong Kids Strong Teens Programs start in the Fall and Winter.

Please call the YMCA location for start dates and program information.

Auburn Valley

Tel 253-833-2770
Fax 253-883-2771

Marysville

Tel 360-651-1605
Fax 360-653-2329

Mukilteo

Tel 425-493-2408
Fax 425-290-7834

Southeast Family

Tel 425-357-3024
Fax 425-316-8041

Everett Family

Tel 425-258-9211
Fax 425-259-2328

Meredith Matthews

Tel 206-322-6969
Fax 206-322-6868

Northshore

Tel 425-485-9797
Fax 425-486-7757

University

Tel 206-524-1400
Fax 206-524-861

Highline

Tel 206-244-5880
Fax 206-244-5881

Monroe Sky Valley

Tel 360-805-1879
Fax 360-794-5160

Dale Turner

Tel 206-363-0466
Fax 206-363-3142

West Seattle

Tel 206-935-6000
Fax 206-938-1676

Olympia

Tel 360-918-0257
Fax 360-754-9723

Program fee may vary.
Financial assistance is available for those who qualify.

