



PRESCRIPTION FOR A HEALTHIER YOU

The Concord Family YMCA has adopted a program to address the childhood obesity epidemic and improve the health of the greater Concord community.

This program emphasizes the use of behavioral skills to help establish healthier eating patterns and a more physically active lifestyle within a supportive family environment. It is designed for youth needing social and emotional encouragement to get moving.

- 12 week program – meet twice each week.
- Ages 1-13 with participation of family.
- Participants attend nutrition and physical activity sessions.
- Program is for youth who are inactive and with a BMI in the 85th percentile or greater.



This 12 wk program schedule is held on Tuesday and Thursday evenings twice per year. Spring session begins in March and Fall session begins in September.

For more information contact YMCA Wellness Coordinator, Trieste Philbrook, at tphilbrook@concordymca.org

Upon successful completion of the 12 wk program the family qualifies for a free one-year family membership. All course expectations must be met while upholding our YMCA Core Values (Respect, Honesty, Caring & Responsibility.)

This initiative is supported by:



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PRESCRIBE THE Y!

CONCORD FAMILY YMCA

A FREE Health & Wellness initiative for youth ages 8-13 years.



A 12 week program designed to last a lifetime.

Prescription For Lifestyle Change!

This prescription is for a **FREE** youth wellness program for children ages 8 –13. Participants will attend 2 weekly, 45 min. classes in nutrition education and one will have a physical activity component. All Parents are required to be part of the nutrition segments on Tuesday evenings.

The program includes a complimentary, temporary family membership to the Concord Family YMCA. Upon satisfactory completion of the program, family membership will be extended up to one year.

To be eligible for the program, children need to be greater than 84th percentile and currently living an inactive lifestyle (<1 hr. of physical activity per day, including sports teams).

Interested in participating?

- 1) Have your health care provider fill out a Prescribe the Y form referring you for the program.
- 2) Bring or email paperwork to Trieste Philbrook, Wellness coordinator, tphilbrook@concordymca.org Concord Family YMCA, 15 North State St.
- 3) Have a scheduled in person or phone screening completed by YMCA wellness staff.

Soon after you will be notified whether or not your family has been enrolled in the program. If accepted, membership paperwork will be completed at this time for the

Here's what one family had to say about the experience.

"Our family has incorporated working out into our regular routine and we look forward to the time together. It's nice to be on the treadmill or exercise bike and we can catch up on how the day was.

We can't always eat 100% on track, but finding the balance is helpful and knowing how to make better choices helps."

