



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKING HEALTHIER CHOICES TOGETHER

## Healthy Weight and Your Child Lakeland Hills Family YMCA

*new!*

### PROGRAM OVERVIEW

Healthy Weight and Your Child focuses on healthy eating, regular physical activity, and behavior change to empower children and their families to live a healthier and active lifestyle. Families will work with trained Leads for the duration of the 25-session program.

### WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

### TO QUALIFY, A CHILD MUST:

- Be 7 - 13 years of age
- Carry excess weight, with a body mass index of the 95<sup>th</sup> percentile or higher
- Receive clearance from a healthcare provider (including a school nurse) to participate in physical activity
- Have an adult attend all sessions

### For More Information Contact:

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