Benefits of Program

- Reduce weight
- Learn healthy lifestyle habits
- Make new friends
- Participate in new activities and feel better while doing them
- Increase self-esteem
- Decrease health-related risk factors
- Learn about proper nutrition
- Learn how to best support healthy lifestyles for your children

Contact:
Your pediatrician
(409) 747-7334

Putting the Fun back in Fitness
When you are seeing your primary care doctor, he or she will help your child get an appointment to the Fit n’ Fun clinic. At the first visit, your child will be asked not to eat or drink anything (except water) after midnight before the appointment so that an initial blood test can be taken. The blood test will be done first thing after you arrive at the clinic. Bring a healthy snack for your child to eat right after the blood test, so your child won’t be hungry during the checkup.

It is important to keep all appointments and comply with the suggestions of your medical team to ensure the program’s success. The program begins with 12 weeks of fitness and nutrition training, with the overall goal of weight reduction and improved eating habits.

The first visit may take a couple of hours. At this time, essential baseline information will be obtained. Subsequent visits will be shorter in duration, but will be equally important to attend.

The clinic is scheduled for Wednesdays. Evening sessions providing nutritional education and exercise activities will also be offered. These are not mandatory, but they are highly recommended. A list of dates and times will be provided.

What’s it all about?

The Fit n’ Fun program is a joint effort by the Galveston YMCA and UTMB. It was designed to provide all the necessary resources for a successful weight reduction program. The program consists of monthly visits and evening educational sessions for both the parent and child.

Why is it important?

Problems like high blood pressure, high cholesterol, diabetes and heart disease are just some of the conditions associated with being overweight. Unfortunately, if poor health habits are not changed during childhood, they can carry over to adulthood, leading to the development of these health problems. Learning about diet and exercise will give you and your child the tools to successfully maintain a healthy lifestyle.

Who Should Consider This?

If your child is between the ages of 2–12 and is overweight, he or she may benefit from this program. To enroll, your child’s primary care doctor must be an Island Pediatrics physician (phone 747-7334). Please discuss your child’s eligibility for the program with your physician.

New Friends

Team Members

The team is comprised of a physician, dietician, care manager, and fitness coordinator. All team members work closely to ensure that optimal overall health is being achieved. Their roles are described below.

Medical Evaluation

All participants will be evaluated by a pediatrician. The focus of the screening is to identify any medical problems, including abnormal labs, and assist in developing an individualized plan for weight loss.

Nutrition Assessment

Each patient will be followed by a registered dietician who will assist in meal planning and making dietary recommendations to promote healthy eating. The dietician will assess each patient individually, and will construct dietary interventions according to the patient’s specific needs.

Care Manager

The care manager functions as the coordinator of the program. The care manager identifies children who are eligible for the program, assesses the child’s/family’s needs, and provides referrals to community agencies that promote psychological and physical health.

Fitness Counselors

The Galveston YMCA provides fitness counselors who will help educate you and your child about activities that promote a healthy lifestyle.

How Do I Enroll My Child?

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