

GET UP & GO

ADOLESCENT WEIGHT LOSS SUPPORT PROGRAM

Prepare Your Teen for a Healthy and Active Life

Children's HealthSM Adolescent Weight Loss Support is a virtual program designed to equip teens with tools to optimize health goals. Long-term success stems from building lifelong healthy habits. Our goal in the Adolescent Weight Loss Support Program is to help your teen lose weight – and keep it off for good.

In this fun, FREE seven-week program, teens:

- Will meet virtually for 60 minutes each week
- Acquire techniques to aid in their weight loss journey
- Set nutrition and activity goals with help from a Registered Dietitian
- Connect and share their feelings with others through topic-led support group discussions
- Learn to plan healthy meals
- Enjoy access to 14 FREE weeks of YMCA membership



Program eligibility:

- Patient must be between ages 15-18 years
- Patient must have Class 2 or Class 3 obesity
- Must be referred by a healthcare provider

To enroll your teen:

- Visit your teen's provider and ask for a referral
- The provider can access our referral form **here** or by scanning the QR code below
- A coordinator for Get Up & Go will contact you to complete enrollment

Program Schedule*	
WEEK 1	Orientation
WEEK 2	Self-Monitoring
WEEK 3	Healthy Eating Basics
WEEK 4	Mindful Eating
WEEK 5	Meal Planning
WEEK 6	Grocery Shopping
WEEK 7	Planning for Success

*Space is limited

