

GET UP & GO

FOR CHILDREN WITH DEVELOPMENTAL DIFFERENCES

Prepare your child for a healthy and active life!

Kick start a new, healthy lifestyle for your family by registering for the Get Up & Go weight-management program for children with developmental differences from Children's HealthSM and the YMCA of Metropolitan Dallas.

In this fun, **FREE** eight-week program, kids and their families:

- Will meet for 90 minutes each week
- Learn fundamentals of healthy eating
- Receive help developing strategies to improve child's acceptance of new foods
- Participate in fun physical activities
- Make challenging, yet realistic goals

Classes are offered for children in the age group:

- 8-14



| Program Schedule* | |
|-------------------|-----------------------------------|
| ORIENTATION | Welcome & Overview of the Program |
| CLASS 1 | Healthy Lifestyle Goal-Setting |
| CLASS 2 | Parent Strategies |
| CLASS 3 | Nutrition 101 |
| CLASS 4 | Healthy or Treat Foods |
| CLASS 5 | Make My Plate |
| CLASS 6 | Healthy Balance |
| CLASS 7 | Food Olympics |
| CLASS 8 | Graduation and Maintenance |

Requirement for child enrollment:

- Must have the ability to communicate basic wants/needs verbally
- Should be comfortable participating in a group setting with peers.
- Must be able to participate in low impact physical activity
- Must be accompanied by at least one parent or guardian
- Must be referred by a child's provider, e.g., physician, psychologist, dietitian, school nurse or a specialist familiar with the child's overall health

To enroll your child into Get Up & Go:

- Visit your child's provider and ask for a referral
- The provider can call Get Up & Go at 214-456-6312 to request referral instructions or download the referral by visiting <https://www.childrens.com/get-up-and-go>
- A coordinator for Get Up & Go will contact you to complete enrollment

Program Location

TBD