



Why Choose Fit Youth?

- Creating positive change at home can improve the whole family's health and fitness.
- Regulating weight makes physical activity easier and exercise more appealing.
- Children and teens learn to communicate in constructive ways about their weight.
- Families learn to tackle "problem thinking" that impairs health and fitness.
- Kids learn not to give up when feeling frustrated during the process.
- Regulating weight reduces children's risk of future health problems.
- Kids feel proud of their achievements – and so do parents.

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4 Convenient Locations

Cleveland Clinic Beachwood

At the Mandel Jewish Community Center
26001 S. Woodland Road
Beachwood, OH 44122

216.378.6240, prompt 7

Cleveland Clinic Independence

5001 Rockside Road, Crown Centre II
Independence, OH 44131

216.986.4128

Cleveland Clinic Willoughby Hills

2570 SOM Center Road
Willoughby Hills, OH 44094

440.516.8690

Cleveland Clinic Wooster

Specialty Center
721 East Milltown Road
Wooster, OH 44691

330.287.4580

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9500 Euclid Avenue, Cleveland, OH 44195

Cleveland Clinic is a nonprofit multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education institute and a research institute.

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Fit Youth

Family Weight Management Program



fitness

learning

communication

What is the Fit Youth program?

The Fit Youth program, available at participating Cleveland Clinic Family Health Centers, is a 12-week family weight management program, for children ages 7 to 16 who are serious about weight control.

Our program is designed to help parents and children or teens embrace healthier eating habits, improve fitness and better manage stress.

It's all about creating healthy change.



Lifestyle Change for Better Health

It's a Family Affair

The Fit Youth program brings families together at Cleveland Clinic Family Health Centers to tackle weight management. We offer separate 12-week sessions for children 7 to 11, and for teens 12 to 16, with their parents. Meetings are held once a week for 90 minutes, and feature a psychological, nutritional, and exercise component:

- Our psychologist shows families how to set goals and change harmful habits to create healthy new ones.
- Our registered dietitian explains the new food guide pyramid, defines portion control, shows the group how to read labels, and offers guidance on eating out and healthy snacking.
- Our exercise physiologist teaches the four components of exercise: aerobic, strength, flexibility and balance in the context of fun games and activities.

The psychologist, registered dietitian and exercise physiologist tailor presentations for the child and parent groups. In one session, a pediatrician with a special interest in weight management addresses the medical complications and health risks of excess weight. In this shared setting, families discover that they face similar issues.

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Tracking Progress

Between meetings, children keep a daily food journal and a record of all physical activity they perform. They are weighed at each meeting, and their weight is recorded. This process helps kids and teens become more aware of their eating and exercise behaviors.

They are encouraged to talk about their progress and to share any difficulties they experience in changing their eating or exercise habits. Each week, kids are given homework – tasks such as reading food labels on snacks in their cupboards – to share or discuss with parents.

Learning to Choose Wisely

In our program, family members work together to take charge of their health. We teach participants how to make better choices about food and fitness. Our trained specialists help kids come up with solutions that enhance their lives and that families find acceptable.

Program leaders

Leading the Fit Youth program are a pediatric psychologist, a registered dietitian, an exercise physiologist and a pediatrician.

For information

For more information about upcoming Fit Youth session dates or to request a registration packet, please call **216.986.4128**.