



Clarian Health
Health Promotions and Community Relations
1800 N. Capitol Avenue
Indianapolis, IN 46206

A private, nonprofit organization, Clarian Health is Indiana's most comprehensive health system.

Affiliated with Indiana University School of Medicine, Clarian Health operates Methodist Hospital, Indiana University Hospital and Riley Hospital for Children campuses as a single hospital under Indiana law.

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committed
TO **Kids**
health

A PROGRAM FOR THE ENTIRE FAMILY

COMMITTED TO HEALTHY EATING AND ACTIVE LIFESTYLES



Committed to Kids Health is a sensible, practical weight management program that educates families about the relationship between body weight and health.

The program teaches families to avoid diets and intimidating physical activities and focuses on both parents and children learning how to maintain lifestyles that embrace healthy eating and age-appropriate physical activity.

WHAT CAN MY FAMILY EXPECT TO DO DURING COMMITTED TO KIDS HEALTH?

With the help of registered dietitians and exercise specialists, qualified health educators will lead participants during this interactive 10-week program.

Both children and parents will learn about:

- Proper nutrition for growing children
- Meal and snack planning
- Physical activities for both adults and children to share
- Setting realistic weight and exercise goals
- Developing healthy attitudes about food and physical activity
- Developing a positive body image and high self-esteem

WHO SHOULD ENROLL IN COMMITTED TO KIDS HEALTH?

This program is ideally suited for families seeking to incorporate healthy lifestyle changes into their daily routine through good nutrition, family activities and play.

IS THERE A COST FOR THE PROGRAM?

Families are charged a one-time fee for the 10-week session. Please call 317-962-6346 for current cost information. Scholarships are also available.

HOW DO I ENROLL MY FAMILY?

To register for Committed to Kids Health, call 317-962-6346 or 800-280-2998. Once enrolled, participants will receive a packet that includes a medical release form, health history questionnaire and an information packet to be filled out and returned at the first class. For more information about the Committed to Kids Health program visit www.clarian.org/committedtokids.