

Super Kids Staff and Partners

Derek Wright—Wellness Coach

Derek is a Wellness Coach at the Marion Family YMCA and a counselor at the Marion County Boys and Girls Club. Derek is certified in CATCH—Coordinated Approach to Child Health. Derek will serve as the participants' primary coach throughout the program.

Heather Wright—Wellness Director

Heather has been the Wellness Director at the Marion Family YMCA for 6 years. She is also a certified CATCH instructor and personal trainer. Heather provides program supervision and will work directly with families and participants throughout the program.

Abbey Trimble— Registered Dietician RD, LD

Abbey is a Registered Dietician with a degree from Ohio University. She is currently employed at Marion County WIC. Abbey will provide nutritional coaching to families.

Donna Pry, RN Smith Clinic Pediatric Supervisor

Donna has over twenty years experience in OBGYN and pediatric nursing and is currently the Pediatric Supervisor for the Smith Clinic. Donna will meet with families on the first day to help gather basic health history information and will serve as a consultant to Y staff throughout the program.



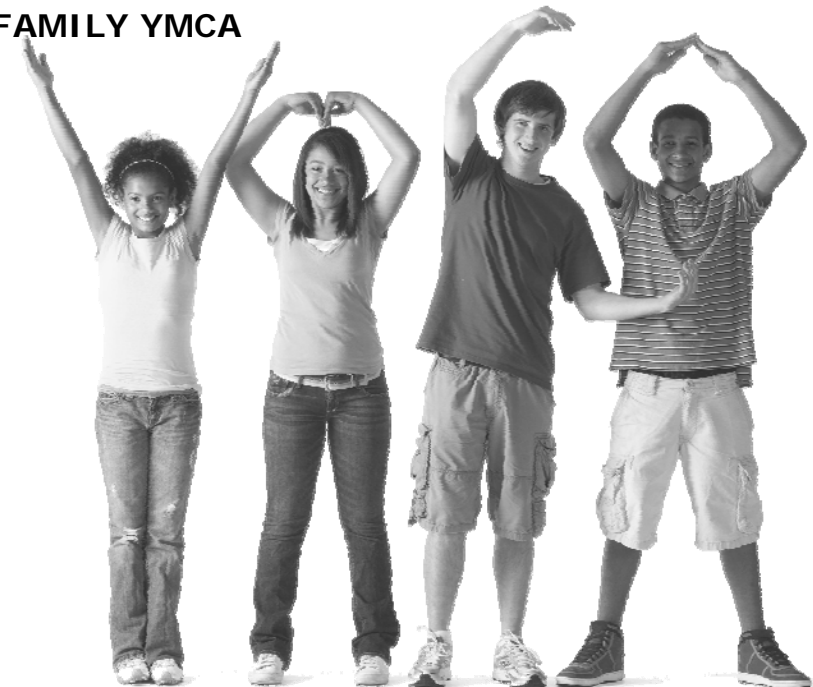
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING HEALTHY HABITS AND STRENGTHENING FAMILY TIME

HEALTH, WELL-BEING & FITNESS

Super Kids

MARION FAMILY YMCA



MARION FAMILY YMCA

645 Barks Road East, Marion, OH 43302

P 740 725 9622 F 740 389 1287

WWW.MARIONYMCA.ORG

SUPER KIDS MARION FAMILY YMCA

For children ages 9 to 14 who are struggling with their weight and wish to form healthier habits.

Families also participate in this multi-disciplinary approach. Children must be overweight and in the 85th percentile or greater on the Body Mass Index (BMI) growth chart.

By participating in Super Kids we hope children will:

- Achieve a healthier weight
- Increase physical activity and exercise
- Improve their eating habits
- Have a family that understands and supports healthy lifestyle habits

Program Information

- Registration taken any time
- Monday, 7:00 – 8:00 p.m. entire family participates
- Tuesday and Thursday 7:00 – 7:45 p.m. child participant only

Family sessions will include:

- Nutrition counseling with a Registered Dietician every other week
- Important information about healthy eating
- Portion control
- Beneficial cooking tips
- Lessons on reading food labels,
- Joining children in physical activities

Child participant session will include:

- Meeting with a YMCA Super Kids (Wellness) Coach
- Fun, physical activity including learning activities they can enjoy on their own in between sessions and after the program ends

Fee: \$50 Additional children in same family \$35

Financial assistance is available. Households with income of less than \$30,000 per year will receive 50% off of program fee. Must provide proof of income. For additional financial assistance, please contact the Y for a financial assistance application.

Each family receives a copy of Trim Kids book. It is a helpful guide for families to continue their healthy eating and maintain active lifestyles.

YMCA membership for entire family (Three month membership begins with registration as long as child and parents maintain attendance in program sessions) is included with program fee. Additional 3 month family membership given upon completion of program to begin immediately at graduation.

Program Requirements and Getting Started

- Parents must commit to attending Mondays with their child
- Child participants must be overweight
- Family should be ready to make a lifestyle change
- Complete interest form below, return to the Y and a Super Kids Coach will contact you

Contact Information:

Heather Wright— Wellness Director
hwright@marionfamilyymca.org
Marion Family YMCA
645 Barks Rd. E. Marion, OH Phone 740-725-9622

Program Interest Form

Child's Name _____ DOB _____

Gender _____ YMCA MEMBER Y ___ N ___

Parent Name (S) _____

Address _____

Phone _____

Parent's Email _____

Child's Favorite Activities or Interest: _____

Child's Favorite foods or drinks: _____

Child's School _____ Grade: _____

BMI or Percentile (If known): _____

Referred by: _____