

EAT FIT TO BE FIT™
Family Program Helping Overweight Children, Teens and Parents

OVERVIEW

This program offers a small group setting for families to learn ways to create healthier lifestyle habits to aid in weight management in a way to boost self esteem. This is a simple five week program designed to share common feelings and obstacles associated with a child or teen dealing with being overweight.

Week 1 - Attended by least one Parent or Guardian and Child

Orientation: Meet the team: Dina Marino, CDN, RD, CDE, Sandra Bernabei, CSW, Linda Arpino, MA, RD, CDN

Topics: Course outline, mandatory attendance, Cancellation policy-no make ups or refunds, overview of weight balance for health, meal planning guide, grocery guidelines, **The Magic Three™**. Multitasking, eating on the run, electronics and eating.

Assignment: Take a walk or do something active for over 30 minutes with your child three times this week, make a grocery list together, prepare one meal item that your child picks each day. Eat together as often as possible. Keep a food and activity journal two weekdays, two weekend days.

Week 2 - Attended by Parents only, if possible Both Parents

Conducted by Dina Marino and Sandra Bernabei

Topic: Challenges of setting healthy boundaries, group problem solving on ways to handle dining out, parties, having friends over with snacks and boosting self esteem. Parental guidance: Do's and don'ts, offer of choice not deprivation, not control.

Assignment: Have your child do 30 jumping jacks daily and eat one meal per day with them without electronics (i.e., TV), be sure they bring in a menu from a favorite restaurant or go online and print the calories of one of their favorite fast food meals.

Week 3 - Attendance with Children or Teens only

Conducted by Dina Marino and/or Linda Arpino

Topics: What to look for on food labels, ways to get active, exercise demo, boredom eating, reading restaurant menus for healthy options, discussion on healthy choices when eating out.

Assignment: Eat out or order take in and try something healthier, keep a food journal, bring in a food label of a breakfast item or snack you like.

Week 4 - Attendance by Children or Teens only

Conducted by Sandra Bernabei

Topic: Discussion on eating out or take in foods, reading labels what to look for in fat, sodium, sugar and portions. Discussion on feelings about eating healthy and difficulty passing up “less healthy snacks and meals.” Five ways to empower me. Exercise and positive outlook!

Assignment: Write a daily food and activity journal, with adult guidance prepare a healthy recipe from your *Eat Fit, Be Fit Book* (fruit smoothie, salad, soup, dessert, sandwich, etc.)

Week 5 - Attendance of All Parents and their Child Enrolled

Conducted by team

Topic: Summary of **The Magic Three™**

- 1) Importance of three meals per day
- 2) Eat three food groups per meal
- 3) Using Three fingers for protein portions, over 3 grams of fiber on grains and under 3 grams of fat and sugar. Ways to boost activity and planning ahead. The power of you!

Note: Your child’s weight is taken privately by your physician prior to attendance and it is recommended to be monitored by your physician or registered dietitian after the session’s end.