



Kids + Fit Teaches You To...

- + Plan and make a balanced meal
- + Read and understand nutrition labels
- + Control your portion size
- + Build exercise into your daily routine.

Kids + Fit Helps You To...

- + Develop a healthy lifestyle
- + Eat well on a budget
- + Set fitness and nutrition goals
- + Avoid many common health problems.

Want to know more? Ask your Medical Assistant or Kids Plus Provider today.



Helping Families
Make Healthy Choices



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Make Healthy Choices

Cranberry/Seven Fields

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Seven Fields, PA 16046
724.761.2020

Pleasant Hills

810 Clairton Blvd.
Pittsburgh, PA 15236
412.466.5004

Squirrel Hill/Greenfield

4070 Beechwood Blvd.
Pittsburgh, PA 15217
412.521.6511



Introducing...

Are you eating right?
Staying active?



Making healthy choices is important, no matter how old you are. That's why we're excited to introduce a new health and fitness program here at Kid Plus.

Kids + Fit is all about helping kids and families make healthier choices every day.

Developing positive eating and exercise habits means rethinking the way we approach your daily nutrition, your grocery shopping, and your physical activity.

We know these things aren't easy. And we know how hard it is to make changes that really stick.

Kids + Fit is an individualized, in-office program designed for kids who are overweight or at risk for being overweight.

Kids + Fit offers a series of visits with Lifestyle Coaches, plus consultation with both a Registered Dietitian and an Exercise Specialist — right here, in our familiar Kids Plus offices.

Based on current guidelines and clinical expertise, and drawing from successful methods with proven results, **Kids + Fit** is designed to be tailored to your family's unique needs.



Are you eating a healthy breakfast? Getting enough calcium? Finding a way to exercise?

During each visit, a Lifestyle Coach will assess your child's current lifestyle habits and talk one-on-one with both you and your child about current nutrition recommendations.

We'll discuss clear, practical approaches for change.



We'll help set goals for you and your family. We'll talk about the barriers your child faces in meeting these goals, and we'll brainstorm real-life solutions.

Then we'll meet for follow-up visits to check-in and talk about how things are going.

Kids + Fit is not a one-size-fits-all plan. The goals and changes are different for everyone. Even the topics covered by the Lifestyle Coaches are up to you.

Every child is different, and every family's needs are different. **Kids + Fit** helps find strategies that work for you, and that help make you healthier and happier.

If you and your child might be interested in participating in our great new **Kids + Fit** program, talk to us, or give us a call today.

KIDS + FIT

Helping Families Make Healthy Choices

LIFESTYLE COACHES

like **Dr. Alicia Hartung** will assess your child's current lifestyle habits and talk one-on-one with both you and your child about current recommendations.



REGISTERED DIETITIANS

like **Andrew Wade** will assess your child's current nutrition habits and talk one-on-one with both you and your child about how to eat a well-balanced diet.



EXERCISE SPECIALISTS

like **Travis Lewis**, a Certified Athletic Trainer, will assess your child's activity level and talk one-on-one with both you and your child about exercise options.

