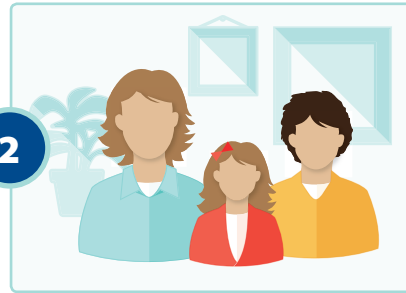


# Eating and Activity Program *for Kids*

THE PROGRAM



1



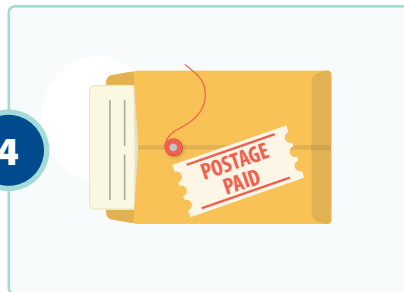
2

**Together we'll plan phone calls about once a week for two months**  
You'll speak with a registered dietitian and/or a qualified exercise professional.  
We'll talk about healthy lifestyles and focus on your goals.



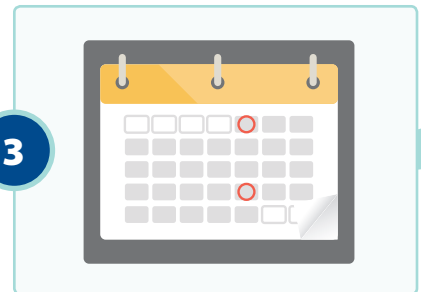
5

**Follow-up with your doctor.**  
After each package we'll ask you to check in with your doctor.



4

**How's it going?**  
At times throughout the program we will send you worksheets to fill out and send back to us.



3

**Keep up the good work!**  
We'll plan shorter phone calls that happen less often.



6

**We're here to support your journey** through the two year program and beyond.



**Keep up all your great work!**