

Here's what parents are saying . . .

"KidShape® is a program that kids will always carry within themselves. Once they learn, they can't go back to being ignorant or naïve."

"My three children learned how to read labels and think before eating."

"My daughter enjoys going to KidShape®. The staff is all very friendly and helpful."

"KidShape® is a safe environment for children to discuss their feelings regarding the issues of food and weight."

"I'm worried about my weight!"



Clinton County Health Department
Eat Well Play Hard Partnership
(518) 565-4840

www.clintonhealth.org



KidShape®
"Building Healthy Families"

If you think your child is
overweight,
we're here to help!



Marcia didn't want to make Gabriella go to bed hungry, and so she gave her a

sandwich almost every night when Gabriella asked for one after supper. But Gabriella was overweight, kids at school called her names, and that made her feel really bad.

When Gabriella turned six, she and her mother started the program at **KidShape**, where Gabriella learned to read food labels, began to drink water instead of soda, and liked playing outside

with other kids who didn't tease her. She felt herself getting stronger. "I was amazed how quickly Gabriella picked up the information," said

Marcia. The mother and daughter began exercising together by walking uphill to a park about a mile from their house.

"Gabriella loves walking the trails,"

said Marcia. People began to notice her weight loss almost immediately and say nice things. Kids aren't picking on her anymore. She likes school now, whereas before she dreaded it. She's happy now."

By the time Gabriella finished the nine-week **KidShape** program, she had lost 12

pounds, dropping from 73 to 61 pounds. It's now a couple of years after Gabriella went through the **KidShape** program. She is at the appropriate weight for her height, continues to eat healthy, and has a lot more self confidence.



At **KidShape**, we offer a nine-week fun-filled program that will start your child and your whole family on a lifetime of health and improved self image. Each class has up to 15 children ages 6 to 14 and their families and meets for two hours once a week for nine weeks.

KidShape works!

In the last 20 years more than 10,000 children have gone through our program. 87% of the children who have completed the program have lost weight and 80% of those who lost weight kept it off for at least two years.

KidShape is convenient

Classes meet once a week for nine weeks at times and places convenient for you.

KidShape is fun!

The instructors are enthusiastic; the lessons are kid-friendly; and there are always games and time for exercise. We make the classes something you and your child look forward to.

KidShape includes your whole family.

Many parents tell us that after participating in the KidShape program with their child they have lost weight and feel better and that some of their diseases such as hypertension and diabetes are under better control. Parents also frequently say they no longer have to nag their child about eating and exercising, which improves the entire family dynamics.

KidShape strengthens your relationship with your child

When you work with your child to help improve his or her health, you will find that the bond between you and your child is strengthened.

KidShape's support doesn't end when class is over!

We continue to provide help to maintain a healthy lifestyle through a series of mailings and a KidShape community community message board.

