Caring for Your Child
Healthy Weight Nutrition and Activity Resources

Weight Loss Programs
The Healthy Weight Program at the Children’s Hospital of Philadelphia
- A team of medical professionals including a doctor, nurse practitioner, psychologist, exercise physiologist, registered dietitian and social worker works with families to promote weight loss and coordinate medical care.
- Provides care for children ages 2-18 years.
- With locations in Philadelphia, King of Prussia, and Voorhees, NJ
- For more information call 267-426-2782 or go to www.chop.edu/healthyweight.

Adolescent Bariatric Program at the Children’s Hospital of Philadelphia
- Weight loss surgery for eligible teens ages 16-21 years of age
- The team includes a physician, surgeon, nurse practitioners, dietitian, exercise physiologist, social worker and psychologist
- Attendance at an information session is required
- For more information call 267-426-2782 or go to http://www.chop.edu/centers-programs/adolescent-bariatric-program

Outpatient Nutrition Center at the Children’s Hospital of Philadelphia
- Registered dietitians meet with children individually to help them achieve a healthy weight.
- Medical insurance accepted.
- To make an appointment, please call 215-590-3630

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<tr>
<th>Pennsylvania</th>
<th>New Jersey</th>
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<tr>
<td>Richard D. Wood Ambulatory Care Center 34th &amp; Civic Center Boulevard Philadelphia, PA 19104 Telephone Number: 215-590-3630 Fax: 215-590-4279</td>
<td>Specialty Care Center in King of Prussia 550 South Goddard Boulevard King of Prussia, PA 19406 Telephone Number: 610-337-3232 Fax: 610-594-0327</td>
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<td>Specialty Care Center in Bucks County Route 202 and Schoolhouse Road Chalfont, PA 18914 Telephone Number: 215-997-5730 Fax: 215-997-5731</td>
<td>Specialty Care Center in Brandywine Valley 819 Baltimore Pike Glen Mills, PA 19342 Telephone Number: 267-425-8500 Fax: 267-425-8502</td>
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<tr>
<td>Specialty Care Center in Exton Oaklands Corporate Center 481 John Young Way Exton, PA 19341 Telephone Number: 610-594-9008 Fax: 610-594-1907</td>
<td>Specialty Care Center in Voorhees 1012 Laurel Oak Corporate Center Voorhees, NJ 08043 Telephone Number: 856-435-1300 Fax: 856-435-0091</td>
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Nutrition Counseling and Weight Management Programs
Outpatient centers at local hospitals and community centers may have available programs for child weight management or nutrition counseling. Please check with centers individually for more information.

Exercise Programs

Students Run Philly Style
- Marathon training for young people in Philadelphia. The program promotes self-esteem, fitness and academic achievement.
- No running experience is required to participate.
  - More information and enrollment forms available through http://www.studentsrunphilly.org/ or by calling 215-825-8298

Philly Girls in Motion
- A volunteer driven organization that encourages and motivates girls to participate in fitness activities and education and learn about healthy habits.
- For more information, please see their website at http://www.phillygirlsinmotion.org/

Healthy Kids Running Series
- A positive, fun and educational introduction to running for kids
- Running series for Pre-K through 8th graders
- Several locations in the Philadelphia area, surrounding suburbs, and New Jersey
- For more information, visit http://www.healthykidsrunningseries.org/ or call (484) 352-2729.

Philadelphia Department of Parks and Recreation
- Various programs and activities for child and family fitness and wellness.
- Offers a wide variety of programs, including camps, sports leagues, swimming, after school programs, and more.
- For more information, please see the website at http://www.phila.gov/PARKSANDRECREATION/Pages/default.aspx or call (215) 686-1776.

YMCA
- There are over 20 YMCA branches in Philadelphia area. They have exercise equipment and offer exercise classes, wellness classes and individual nutrition counseling.
  - Membership rates and policies may vary. Financial assistance is available. Some insurances may offer assistance with fees. Find your local YMCA through www.ymca.net, your local phone book, or call 1-800-872-9622 for general information

Girls on the Run
A non-profit program that combines training for a 5K run with lessons to encourage and inspire girls to become independent thinkers, enhance problem solving skills, and make healthy decisions.
- Grades 3-8
- Weekly curriculum taught by certified Girls on the Run coaches
  - http://www.gotrphiladelphia.org/
Web Resources

Activity

GoNoodle.com
• Videos, games, and resources for movement, activity, and mindfulness for kids

LetsMove.gov
• Ideas for keeping families and children active in their own communities
• Search for playgrounds and outdoor activities across the country

Nutrition

Nutrition in the Kitchen Cookbook
• Recipes, healthy cooking tips and nutrition information for children and families
• http://www.chop.edu/centers-programs/healthy-weight-program

ChooseMyPlate.gov
• Learn about the essential food groups and general daily needs
• Tips and suggestions for making healthy changes as a family
• Budget friendly recipes and food shopping guidance

ChopChop Magazine
• Print resource for child and family friendly cooking tips and nutrition information
• Web resource for recipes found at http://www.chopchopmag.org/recipes

Kids Eat Right
• Nutrition information for kids of all ages
• Videos for cooking and health tips, recipes, and expert answers on current nutrition trends
• www.eatright.org/kids

What’s Cooking USDA
• Search through hundreds of recipes by ingredient, meal, or cuisine
• Budget friendly options and tips for healthier cooking
• Save recipes to an online search- menu builder feature coming soon

General Wellness and Nutrition Information

HealthyChildren.org
• HealthyChildren.org, from the American Academy of Pediatrics, provides general health information by age groups.
• Contains information about healthy living, nutrition, activity, sleep, safety, and more.
Ways to Enhance Children’s Activity and Nutrition (We Can!)
- Information focused for parents, caregivers and communities
- Resources for healthy living and activity directed for children ages 8-13 years old

BAM! Body and Mind
- Website geared to kids 9-13 years old to help them make healthy lifestyle choices. Kid-friendly games, quizzes, and other interactive features. Sponsored by the Centers for Disease Control.
- www.cdc.gov/bam