

get up & go

WEIGHT MANAGEMENT PROGRAM

Prepare your child for a healthy and active life!

Get Up & Go by Children's HealthSM was created to help children achieve healthier habits. In fact, our Weight Management Program helps children and their families select healthy food choices and make physical activities fun.

In this fun, FREE 10-week program, kids and their families:

- Meet for 1½ hours each week to learn about nutrition and how to make good food choices.
- Participate in fun physical activities.
- Set nutrition and activity goals for the whole family.
- Reduce the chance of serious illnesses like diabetes and heart disease.
- Enjoy 20 weeks of access to your local YMCA.

Classes are offered for children across two age groups:

- 6-11 • 12-14

Virtual classes are also available.

Program Schedule	
ORIENTATION	Welcome and Overview of the Program
CLASS 1	Healthy Lifestyle Goal Setting
CLASS 2	Healthy Eating Basics
CLASS 3	Division of Responsibility
CLASS 4	Nutrition 101
CLASS 5	Meal Time
CLASS 6	Marketing, Media and Fast Food
CLASS 7	Grocery Store Tour
CLASS 8	Bullying Prevention
CLASS 9	Graduation and Maintenance

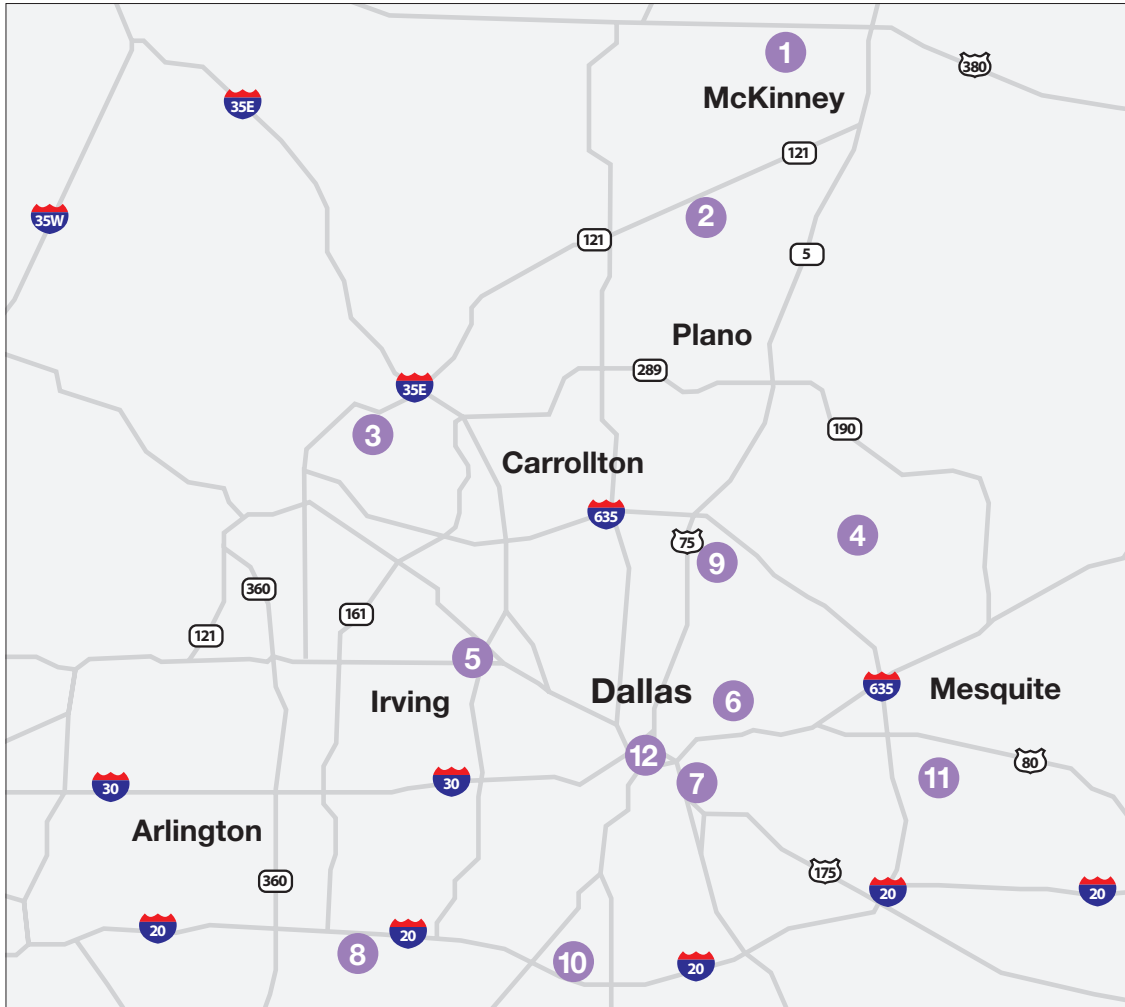
To enroll your child into Get Up & Go:

- Visit your child's provider and ask for a referral.
- Providers can call **Get Up & Go** at 214-456-6312 for a referral form, or may download a form at www.childrens.com/getupandgo.
- Your referral form is submitted to **Get Up & Go**.
- A coordinator for **Get Up & Go** will contact you to complete enrollment.



Where are the Get Up & Go classes?

Your local YMCA holds classes regularly. See below for a list of locations.



1 McKinney YMCA
300 Ridge Rd.
McKinney, TX 75070

2 Plano YMCA
3300 McDermott Rd.
Plano, TX 75025

3 Cross Timbers
2021 Cross Timbers
Rd Flower Mound, TX

4 *Garland — First Baptist Church 801
W. Ave D. Garland, TX
75040

5 *Irving Christ Church
1750 E. Airport Frwy.,
Irving, TX 75062

6 *White Rock YMCA
7112 Gaston Ave.
Dallas, TX 75214

7 *Park South
2525 Pine Street.
Dallas, TX 75215

8 *Grand Prairie YMCA
4556 S. Carrier Pkwy.
Grand Prairie, TX 75052

9 *Lake Highlands
8920 Stults Rd,
Dallas, TX 75243

**10 *Moorland Family YMCA
at Oak Cliff**
6701 S. Hampton Rd.
Dallas, TX 75232

**11 *Mesquite YMCA —
First United Methodist Church**
300 N Galloway Ave.
Mesquite, TX 75149

12 *T. Boone Pickens YMCA
601 N Akard St.
Dallas, TX 75201

*Classes offered in English and Spanish.
*Locations subject to change

