



## TIPPs™/THE COACH APPROACH® at the YMCA



Children's Healthcare of Atlanta is partnering with the East Lake YMCA to provide an after-school nutrition and physical activity program for overweight high-risk youth ages 12-17.

**Program Goal:** To reduce the risk of developing type 2 diabetes

**Program Focus:** Development of behavioral skills to help participants and their families form and maintain healthy eating and physical activity habits

### Program Details

- 6 month program
- Tuesday and Thursday 3:30-7:30 pm
- Two 45-minute activity sessions each week with an Exercise Specialist; weekly nutrition classes and individual consults with a Registered Dietitian; individual behavioral sessions with a Metro Atlanta YMCA Wellness Coach using THE COACH APPROACH® technology

### Requirements

- Physician referral
- Ages 12-17
- BMI >95<sup>th</sup> percentile for age
- Two additional risk factors for type 2 diabetes: racial/ethnic minority; family history of type 2; evidence of insulin resistance

**REGISTER NOW FOR CLASSES BEGINNING IN JANUARY 2008  
SPACE IS LIMITED**

For additional information and a Physician Referral Form visit Children's Healthcare of Atlanta website at [www.choa.org/fitkids](http://www.choa.org/fitkids) or call Ann Walsh at 404.785.7215

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