

IS YOUR CHILD STRUGGLING WITH THEIR WEIGHT? PROACTIVE KIDS CAN HELP!

ProActive Kids (PAK) teaches kids and their families fun ways to improve health through Exercise, Nutritional Lessons, and Open Discussion over 8 weeks. This life-changing experience is offered FREE to kids ages 8–14 who want to learn new exercises, lose weight, eat right and be more confident. (BMI must be in 85th percentile or above to participate)

PAK FITNESS

- Introduces safe workouts with kids facing similar challenges
- Teaches athletic confidence and improves skills
- Offers three 45-minute workouts each week

GOAL: Increase muscle and decrease body fat & BMI

PAK NUTRITION

- Teaches families how to “eat right”
- Offers key lessons including Shopping, Portion Sizes, Healthy Breakfasts/Lunches and Label Reading
- Introduces kids and families to fun and healthy new foods, snacks, and more

GOAL: Create healthier habits in food selection, cooking and eating

PAK LIFESTYLE COACHING

- Helps kids build confidence and self-esteem
- Facilitates open family discussion about relationships with food
- Strengthens interaction with other kids
- Focuses on the child’s personal struggles, such as body image, bullying, family matters and more

GOAL: Build confidence, increase communication and teach coping skills

UPCOMING SESSIONS

Spring 2016: April 4 – May 27

Fall 2016: September 19 – November 11

Check ProActive Kids website for more information!
www.proactivekids.org

DAYS AND TIMES

Monday and Wednesday

Fitness and Lifestyle (Kids Only): 4:00 – 5:30 pm

Friday Family Day

Fitness, Nutrition and Lifestyle: 4:00 – 6:00 pm

WHERE

Gemini Junior High School
8955 Greenwood Blvd, Niles, IL
Funded by Advocate Children’s Hospital

HOW TO ENROLL

For more information and to enroll, please visit our website at www.proactivekids.org.

Please submit any inquiries to info@proactivekids.org or call 630.681.1558

In collaboration, ProActive Kids and Advocate Children’s Hospital are united in the battle against childhood obesity.



GOT QUESTIONS?

FOR PARENTS

Q: What is ProActive Kids?

A: An 8 week program for kids ages 8-14 who are struggling with unhealthy weight. The program focuses on fitness, nutrition, and mental well-being. Visit proactivekids.org for more information, pictures, and registration.

Q: How do I know if my child qualifies for the program?

A: Children must be in the 85th percentile and above to qualify for the program. Ask your doctor if your child qualifies.

Q: How can I enroll my child for the program?

A: You can enroll your child by registering online at proactivekids.org.

Q: How do I know if I am enrolled?

A: Once you complete the online registration form, you are enrolled in the program. You will receive an email to confirm.

Q: Is there a fee to join the program?

A: The program is FREE and is funded through generous contributions of local residents, hospitals, businesses and other organizations.

Q: Do we have to attend every session for the 8 weeks?

A: We encourage you to attend as many classes as possible. Your success in the program is based on your commitment, both at PAK classes and at home. Make sure you are committed to the program and its schedule before you register.

Q: Where is the PAK program located?

A: ProActive Kids is growing every day. Please visit proactivekids.org for our locations.

Q: Can my doctor register my family?

A: No. You must register your child online at proactivekids.org or by telephone at 630.681.1558. You must also bring the referral form or a prescription form signed by your doctor.

Q: Is the program right for my child?

A: PAK was created to help children who are overweight or obese and these issues will be discussed during the program. You need to decide if that environment is right for your child and if you are committed to changing habits at home.

Q: What is my commitment as a parent?

A: You are responsible for transportation to and from the program, for helping your kids through the lessons they will be learning and enforcing these lessons in your home, for improvement of their health, proper nutrition and exercise, and support. Your child's overall health and nutritional decision-making depends on your lead and example.

Q: When does the program take place and how long is the commitment?

A: The PAK program is held Monday and Wednesday from 4:00 pm – 5:30 pm. Kids come alone on these days. On Fridays, also known as Family Day, the program lasts from 4:00 – 6:00 pm. One parent is required to attend and participate. Siblings over the age of 3 are also welcome!

Q: Does the program work?

A: The program will work if you practice what you learn at home, on a daily basis. It must be a family promise to practice the lessons at home during the program and after it ends.

Q: What results will my child see?

A: While each child's experience will vary, PAK is designed to improve in the following 5 measures:

- Decrease Body Mass Index (BMI) calculated by weight/height/age
- Develop athletic skills like endurance, strength and flexibility
- Enhance self confidence
- Improve social behaviors like communicating, body image, self-esteem
- Facilitate sustainable positive nutritional behaviors and decision-making abilities

FOR DOCTORS

Q: How can I enroll a child?

A: As a physician, you can refer the child. The family is responsible for enrolling the child.

Q: How do I refer a child?

A: Please complete a ProActive Kids Referral Form (below) or write a prescription for the program. Families must bring one of these items within the first two weeks of program. Faxes not accepted.

Q: Can I learn about their progress upon program completion?

A: If you include your contact information below, we will send their results back to you at the end of the program.

PROACTIVE KIDS REFERRAL FORM

Patient Name: _____

Physician Name: _____

Organization: _____

Phone: _____

Fax: _____

Email Address: _____

Send my patient's measurements to me upon program completion via ☐ Fax ☐ Email

As a physician, I approve the participation of this patient in the above program.

Signature _____