

### ***Who is it for?***

**Children and teens.**

**Children ages 6 to 18—and their families—will benefit by learning to make healthy food choices and building a more active lifestyle.**

---

### ***Fit Families***

Children and teens respond very well to weight management when the whole family is involved. Our specialists use exercise, behavioral changes and nutritional food choices to help families—working together—develop healthier habits. Why together? Studies have shown that when treatment includes parents and focuses on the family's lifestyle and communication, weight loss is maintained.

### ***What is Fit Families?***

Sparrow Fit Families is a program that helps families learn to make healthy food choices and become more active. It is not a diet. Your family will meet each week with a member of the Sparrow team—registered nurses, registered dietitians, exercise specialists and behaviorists—who work with you and other families as a group, or with your family alone.

Fit Families builds upon the strength of the family by gently and effectively creating an active lifestyle and a healthy diet. Weight difficulties in children and teens are very treatable when this family approach is used. Plus, studies have shown when the entire family is involved, weight loss is maintained.


### ***Is the program the same for everyone?***

There is a Children's Program for 6- to 12-year-olds and an Adolescent Program for teens ages 13 to 18. Each is designed for the physical, emotional and social needs of that age group. The appropriate program is then customized for your family, resulting in a program that is tailor made for you.

### ***How does the program work?***

Group programs follow a ten-week schedule, and each weekly meeting lasts about two hours. These sessions give your family the basic tools for making healthier food choices and becoming more active. Some families choose to continue after the initial 10-week program.

Children and teens gradually begin eating in moderation. They learn to handle stress, peer pressure and other situations without turning to food for comfort. Food becomes less important, activity becomes more exciting, and your child's weight moves closer to a normal level.



Parents learn methods to curb your child's emotional overeating. You'll learn ways to help him or her move away from TV and the Internet to more active pursuits (including chores!). Together, you'll learn techniques to stop the teasing from other children and to resolve problems.

### ***Does the family have to be involved?***

Yes. Ideally, both parents should take part. Others who play a parenting role, such as a step-parent or aunt, are also encouraged to be part of the program. And involvement doesn't mean just going to the meetings: You must be willing to modify your own eating, and step up your own activity. As a bonus you may see your own weight, blood pressure and cholesterol levels improve.

### ***Is this program safe?***

Fit Families is safe. Weight loss for children and teens can be risky if not done correctly. Rapid weight loss or strict diets can affect growth and development, promote binge eating, slow metabolism and even cause weight gain. The Sparrow program encourages gradual, safe weight loss, or maintaining current weight while your child grows into it.

### ***And does it work?***

Yes. Studies have proven that when the family is part of the process, there is significant improvement in weight, self-esteem, depression, diet and exercise habits. In the end, your child's progress depends on how ready your family is to change.

To learn more about the Sparrow Fit Families program, **visit us at [www.SparrowWeightManagement.org](http://www.SparrowWeightManagement.org)**. Or call **517.364.8080** to schedule a free, no obligation information session.

**Sparrow Weight Management Center**  
2900 Hannah Blvd., Suite B107  
East Lansing, Michigan 48823

**[www.SparrowWeightManagement.org](http://www.SparrowWeightManagement.org)**