

# GET UP & GO

## WEIGHT MANAGEMENT PROGRAM

### Prepare your child for a healthy and active life!

**Get Up & Go** by Children's Health<sup>SM</sup> 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	Bullying Prevention
CLASS 6	Meal Time
CLASS 7	Marketing, Media and Fast Food
CLASS 8	Grocery Store Tour
CLASS 9	Graduation and Maintenance

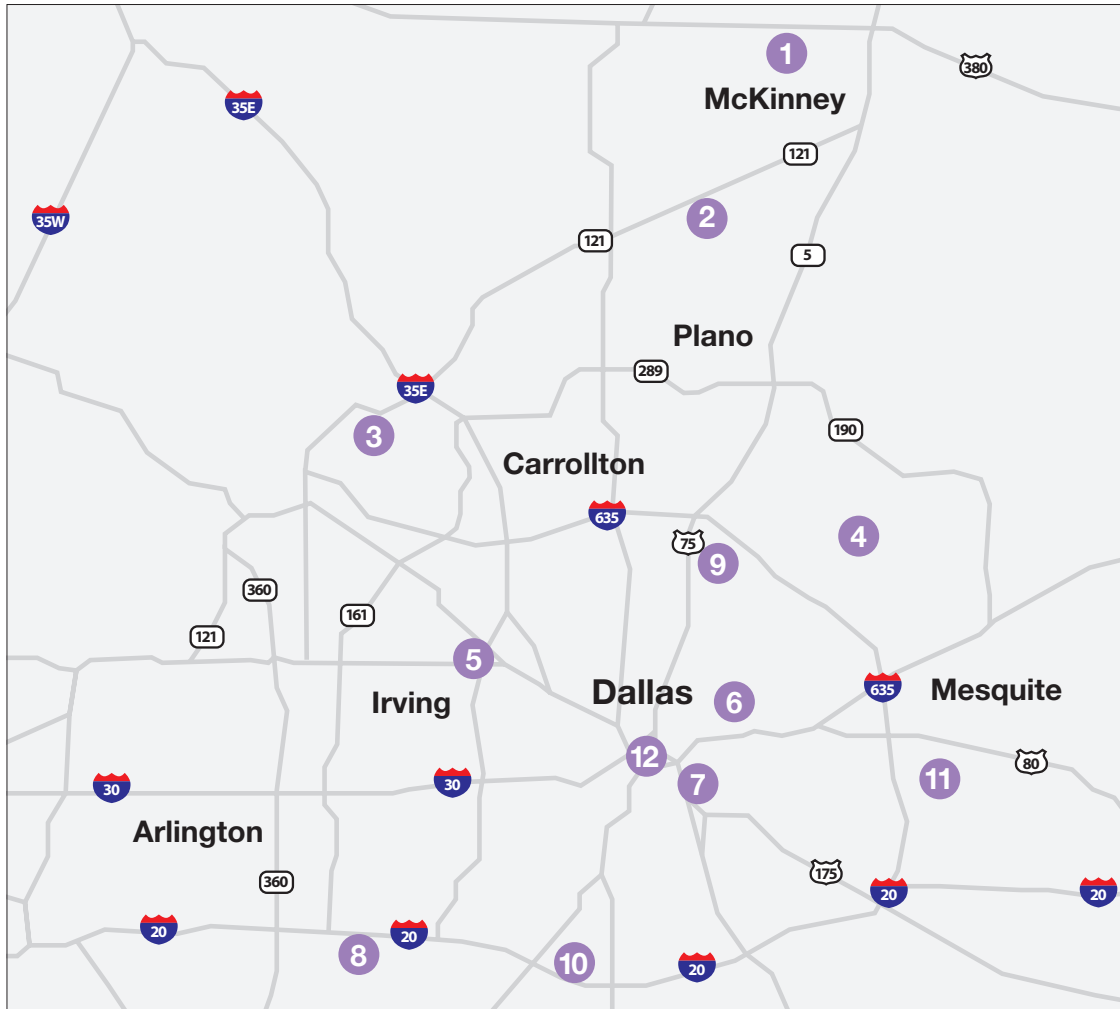
**To enroll your child into Get Up & Go:**

- 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](http://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 Coppell YMCA**

146 Town Center Blvd.  
Coppell, TX 75019

**4 \*Garland —  
First Baptist Church**

McDonald Activity Center  
425 S. 9th St.  
Garland, TX 75040

**5 \*Irving YMCA**

2200 W. Irving Blvd.  
Irving, TX 75061

**6 \*White Rock YMCA**

7112 Gaston Ave.  
Dallas, TX 75214

**7 \*Park South YMCA**

2500 Romine Ave.  
Dallas, TX 75215

**8 \*Grand Prairie YMCA**

4556 S. Carrier Pkwy.  
Grand Prairie, TX 75052

**9 \*Lake Highlands YMCA**

48920 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