

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	Bullying Prevention
CLASS 6	Meal Time
CLASS 7	Marketing, Media and Fast Food
CLASS 8	Grocery Store Tour
CLASS 9	Graduation and Maintenance

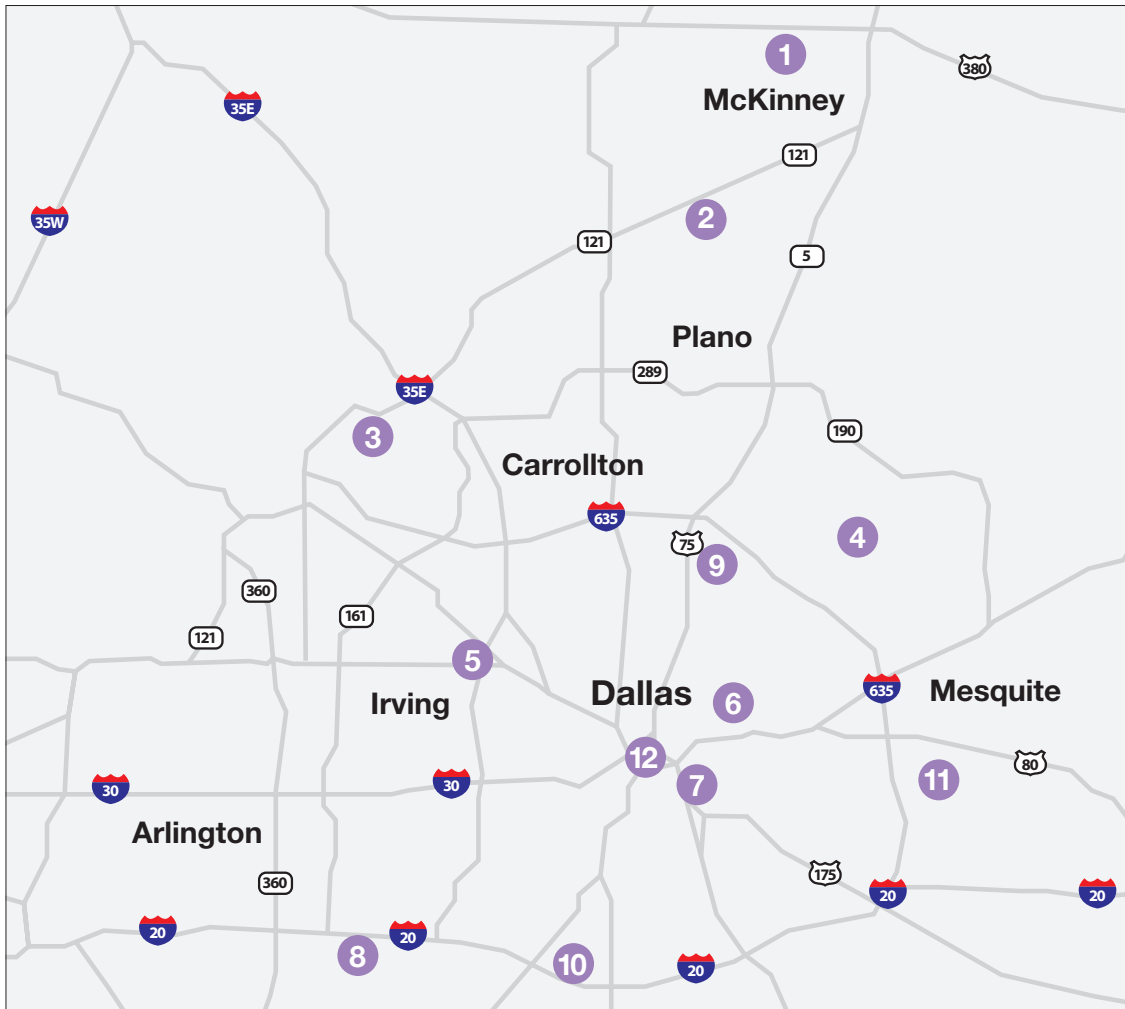
To enroll your child into Get Up & Go:

- 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.
- 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