

BE OUR PARTNER IN HEALTH

Healthy Weight and Your Child
(previously known as MEND)
YMCA OF AUSTIN



Getting Active



Healthy Choices



Clinically Proven

Healthy Weight and Your Child (HWYC) is a fun and interactive YMCA program designed to help families become more active, foster healthy eating habits, and help build community to support their journey.

What is Healthy Weight and Your Child?

- Serves children ages 7-13 with a BMI \geq 95th percentile and their caregivers
- 15 week program- participants meet twice weekly for two hours
- Classes offered in English and Spanish

Why choose Healthy Weight and Your Child?

- Evidence-based, internationally recognized obesity intervention program
- More than 75% of participants maintained or reduced BMI and/or waist circumference
- Participants increased their nutrition knowledge, physical activity, self-esteem, and reduced sedentary behavior and screen time
- Evidence suggests that these changes are maintained 12 months post-intervention

What is the cost?

- Participant fee is \$50 per month per family for four months
- Financial assistance available to all families based on need

What are the benefits?

- 4-month family membership to the YMCA (includes two adults and all school age children in household)
- Weekly one-on-one coaching calls to support family progress
- YMCA Youth Sports pass for free season after 15 weeks
- HEB Gift Card to begin their health journey
- Monthly Raffles for top attendance

REFER A FAMILY TODAY!

Fax doctor referral form to 512.478.8065

For more information about Healthy Weight and Your Child visit AustinYMCA.org