

TRIM KIDS



By: Christy Lasky, Physical Therapist

With 2010 coming to a close and resolution season just around the corner, I'd like to share my resolution. My goal for 2011 is to give kids the tools they need for a healthier future and improve their self confidence. Want to know how? TRIM KIDS!

Trim Kids is a 12 week weight loss program designed for kids ages 7 to 17 by a pediatric team at Louisiana State University. It involves weekly meetings at the Itasca County Family YMCA, weigh-ins and activities. Trim Kids is family orientated and provides a support system for families struggling with healthy eating and physical activity. The program has had national success teaching families healthy lifestyle changes to help avoid future medical problems associated with obesity. Statistics show obese children are more likely to suffer from conditions such as diabetes, high blood pressure and joint pain as adults. Small changes now can build lifelong habits for healthy eating and exercise.

I am a native of Grand Rapids and am currently a licensed physical therapist working at Grand Itasca Clinic and Hospital. I received my degree from the College of St. Scholastica and have a passion for working with families to improve their health and wellness. Because of my background in physical therapy, I can offer alternative activities to children who are unable to perform the recommended exercises. As the instructor I will be monitoring youth's weight loss, helping families through obstacles, offering support and encouragement, and helping celebrate successes.

Class begins January 10th and space is limited. If your family and children could benefit from this program, please contact your healthcare provider for clearance to participate and then call the YMCA at 327-1161. Tuition is \$30.00 and includes the Trim Kids book, a 3 month YMCA family membership, and the weekly meetings.