

Live a Healthy Life Get Ready for Your Future

TeenShape

What is it? A fun, six-week program for teens ages 14-18 and their families.* Group classes meet weekly for two hours. Students must be in the 85th percentile or higher for their BMI (body mass index).

What's in it for you...

- ◆ Counts as an out-of-school classroom assignment
- ◆ An individualized meal plan and workout plan
- ◆ Small group, personalized training
- ◆ Prizes and giveaways every week

And...

- ◆ Be fit and healthy

Learn about:

- ◆ Cooking healthy meals
- ◆ Grocery shopping on a budget
- ◆ Choosing the right foods when eating out
- ◆ Successful snack swaps
- ◆ Stress management
- ◆ and much more...

Have fun, meet new friends, work out together!

*Ages 14-15, parental participation required;
Ages 16-18, parental participation is optional
with parental consent

Starts April 16, 2010

Tuesdays

6:15—8:30 PM

Maple Point Middle
School

Class runs for 6 weeks

For more information
visit:

[www.stmaryhealthcare.org/
kidshape](http://www.stmaryhealthcare.org/kidshape)

To register, please
contact Joann Dorr,
TeenShape Program
Coordinator, at
215.710.4590 or
jdorr@stmaryhealthcare.org.



About TeenShape

TeenShape is a fun-filled lifestyle-modification program that will help get you on track to a lifetime of health and confidence. The six-week program brings together up to 20 students for two hours once a week.

TeenShape is designed to help teens enjoy a healthy lifestyle by providing nutritional information, physical activity opportunities, and self-esteem and social support.

TeenShape teachers are certified professionals in nutrition, counseling, and fitness.

Each class includes hands-on nutrition lessons and cooking demonstrations, discussions on how to change behaviors, and fun, physical activities.

Each two-hour **TeenShape** class is divided into three 40-minute sessions:

1. The **nutrition session** focuses on nutritional topics to teach students a healthier way to eat and lose weight. Under the guidance of a registered dietitian, each student will receive an individualized meal plan and constructive feedback on his or her choices.
2. During the **physical activity session**, students learn many fun ways to become more active.
3. The **supportive activity session** gives students an opportunity to discuss how to change old habits and offers group support during these healthy lifestyle changes.

TeenShape students learn healthy lifestyle habits in the **TeenShape** classroom — with opportunities to practice learned skills at home. Students receive a binder in which they set their goals for the week and record their physical activity. They also maintain a food journal that will be reviewed by a registered dietitian with positive feedback and suggestions to improve eating habits.

TeenShape is an incentive program that provides prizes and positive reinforcement to students. A registration fee of \$50 for materials is required; scholarships are available. Registration fee is refunded with 100% attendance.

The **TeenShape** staff is composed of energetic, positive people who enjoy seeing the healthy lifestyle changes that students make as a result of participating in the program. Start living a more healthy life by lacing up your sneakers and joining us at **TeenShape**!

