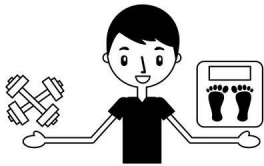


According to the American Heart Association, almost 70% of Americans are overweight or obese. 78 million adults and 13 million children are officially listed as obese; the American Heart Association finds that 23.9 million children ages 2-19 are either overweight or obese. Although the word obesity has MANY negative connotations, it simply means that you're 20%+ above your ideal weight. This means that both your body chemistry and workload are altered to an extent that you'll be at a higher risk for developing heart disease, stroke, high blood pressure, or Type 2 diabetes.



For children and teens in particular, the obesity epidemic is continuously growing. This epidemic is especially prominent in marginalized communities (i.e. with low-income, low-education, high unemployment rates).

Heart Disease, Cancer, Stroke, and Diabetes are ranked as the leading causes of death worldwide and in the United States.



Losing weight is difficult and challenging with a busy lifestyle. Yet it's important to be conscious of what is going into your body!

Many foods contain triggers to prolonged inflammation that can lead to many diseases, including diabetes, arthritis, and cardiovascular disorders. Benefits of eating nutrient-rich foods lacking triggers to inflammation:

1. Maintain weight loss
2. Reduce cancer risk
3. Increase heart health and stroke prevention
4. Build strong bones and teeth
5. Create better mood
6. Develop more energy
7. Improve memory

Upcoming Workshops:

1. Health and Wellness
2. Lung Cancer Screening
3. CPR-Hands Only Training by American Heart Association

Healthy Habits

Helping families live healthier and happier



Fenway Community Development Corporation

Improving Lives and Building Community

Program Sponsor:



HEALTHY LIFE HABITS

PROPER NUTRITION



PHYSICAL ACTIVITY



REST & HOBBY



Fenway CDC works to preserve the Fenway as a vibrant and diverse neighborhood by developing and maintaining affordable housing, providing programs that enrich lives, and strengthening community voices.

We are partnering with YMCA, Fenway Health, South End Community Health Center, and American Heart Association to provide this program. Funded by the Boston Children’s Hospital, our Healthy Habits program aims to:

- i. Educate parents and children about health and wellness
- ii. Leverage partnerships to improve community health
- iii. Promote nutrition and exercise

Healthy Habits is a 16 weeks education and training program focusing on health and wellness. The YMCA will provide:

1. An initial intake assessment with a Health and Wellness Coach
2. Two 45-minute individual training sessions
3. Child watch support

Requirements:

- i. Must have at least one family member with BMI of 30+
- i. Attend at least two 1-hour fitness classes a week (ex. Yoga, Zumba)
- iii. Attend 2 of 3 health and wellness workshops
- iv. Complete required health screenings
- v. Communicate regularly with Health and Wellness Coach



Yes! I am interested to sign up for Healthy Habits program.

Full name: _____
(Parent or guardian)

Address: _____

City: _____

State: _____ Zip Code: _____

Email: _____

Mobile Phone: _____

Full name and age of children who are participating with you in this program:

1. _____

2. _____

3. _____

4. _____

If you have questions, please contact Jasmine Vargas at jvargas@fenwaycdc.org or (617) 267-4637 x 13.