

Help Your Family Get Healthier!

KinderShape, KidShape, and TeenShape are fun-filled, eight-week programs designed for Bucks County youth and their families. Group classes meet weekly for two hours. Students must be in the 85th percentile or higher for their body-mass index (BMI).

- These programs involve the entire family — youth, parents, and siblings.
- Program 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.

KinderShape

Ages 3 to 5

KidShape

Ages 6 to 14

TeenShape

Ages 13 to 18

For more information,
please visit:

www.StMaryHealthcare.org/kidshape

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“KidShape uses the power of the entire family to build a healthier lifestyle.... You owe it to your family to investigate KidShape.”

*—Naomi Neufled,
Founder and Medical
Director of KidShape*



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About KidShape

KidShape is a fun-filled lifestyle-modification program that will help start your family on a lifetime of health and confidence. Each class brings together up to 20 students and their parent or guardian to meet for two hours once a week.

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

KidShape helps strengthen the relationship between child and parent. Participating parents have reported that their children feel better, are more active, and are more aware of their food choices.

For more information, please contact the KidShape program staff at St. Mary Medical Center, 215.710.4590.

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

- The **nutrition session** focuses on nutritional topics to teach adults and children a healthier way to eat and lose weight. Under the guidance of a registered dietitian, each child will receive an individualized meal plan and receive constructive feedback on his or her choices.
- During the **physical activity session**, children learn many fun ways to become more active. Two of the weeks parents get to join their child and also become active participants. Family fun is promoted each week.
- The **supportive activity session** enables adults and students to meet separately to discuss how to change old habits and to learn new ways of supporting each other during their healthy lifestyle changes.

KidShape families learn healthy lifestyle habits in the **KidShape** 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 with positive feedback and suggestions to improve eating habits.

KidShape is a family-based incentive program that provides prizes and positive reinforcement to students and their families. A registration fee of \$50 for materials is required; scholarships are available.

The **KidShape** staff is composed of energetic, positive people who enjoy seeing the healthy lifestyle changes that children and adults make as a result of participating in the program. So put on your athletic shoes, grab your water bottle, and join them in the fun at **KidShape**!