



**With their family, children complete weekly logs to record their feelings and progress on:**

**• Food intake:**

*Did I choose foods from each of the five food groups today?*

**• Exercise:**

*What types of exercise did I do?*

*For how long did I exercise?*

**• Well-being:**

*How did I feel about myself today?*

*What are some good things that happened?*



If you want to be  
**fit2Bhealthy**,  
call 401-276-4020.



**The Providence Center**

Child and Family Services

520 Hope Street

Providence, RI 02906

[www.providencecenter.org](http://www.providencecenter.org)

A program of The Providence Center



**engaging the whole family  
in making healthy,  
long-lasting changes**





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**For children, the environment and the behavioral and physical health of their families are major factors in being healthy and fit.**



## fit2Bhealthy

engages the whole family in making healthy, long-lasting changes in their lives.

**Fit2Bhealthy** is a 16-week program designed to help children ages 6 to 12 and their families achieve better physical and behavioral health. Under the guidance of a clinician, families develop goals and strategies for improving their diets, exercise, well-being and relationships.

### Program features:

- *Weekly group for children*
- *Bi-weekly group for families*
- *30 minutes of exercise during groups*
- *Height, weight and blood pressure recorded weekly*
- *Individual meetings with a clinician*
- *On-going communication with family pediatrician*
- *Monthly appointments with a Providence Center psychiatrist*
- *"Drop-in" groups for children who have completed the program*



### Creating fit2Bhealthy Kids

Activities and discussions in weekly children's groups focus on:

- *Body image and self-esteem*
- *How physical health affects well-being*
- *Dealing with teasing*
- *Making exercise fun*

### Creating fit2Bhealthy Families

Family group therapy focuses on ways to implement healthy changes in their household such as:

- *Eating healthy on a budget*
- *Meal planning*
- *Healthy food choices and cooking methods*
- *Portion control*
- *Making exercise a family activity*