



**mind,
exercise,
nutrition...
do it!**



Is your child a healthy weight?

1 in 3 kids are above a healthy weight

What is MEND?

MEND is a fun, free healthy lifestyle program that empowers children and their families to become fitter and healthier through sessions that promote healthy eating and physical activity.

Who can participate?

Families with children 7-13 years who are above a healthy weight. Sessions run twice a week for 10 weeks.

Location: Centennial Community Centre and Olivet Baptist Church - New Westminster

Starting: January 25 - April 1
Barcode #138992 FREE Program

Times: Wednesday, 6:30 - 8:30 pm and
Sunday, 1:00 - 3:00 pm (Twice a week)

What happens at MEND:

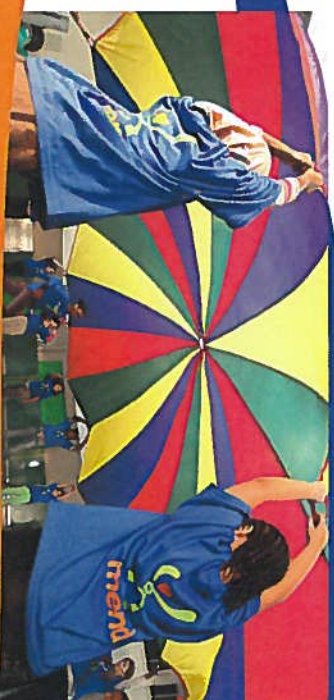
- ▶ Parents/caregivers join their children in each session to learn how to choose healthier foods and spend more time being physically active
- ▶ Families participate in group sessions and activities that show how small changes can make a big difference
- ▶ Practical demonstrations, games and tips about healthy foods, label reading and portion sizes
- ▶ Fun physical activity sessions for children while parents discuss their successes and challenges with trained program leaders

Visit www.bchealthykids.ca for information about MEND and other programs to help you and your family be active and eat healthy.

To register for MEND:

call: 604.777.5120 for more information

email: manzer@newwestcity.ca



MEND is...

- ▶ A place for the entire family
- ▶ A chance to meet new friends
- ▶ Support to make healthier choices

MEND is NOT...

- ▶ A diet
- ▶ A weight loss program
- ▶ Someone telling you what to do



MEND - *Mind, Exercise, Nutrition... Do It!*

(7 - 13 years)



MEND is a FREE, fun healthy living program for children aged 7-13 who are above a healthy weight. It is a comprehensive 8 week family-based education program designed to encourage children and families to adopt healthy attitudes about food and eating (MIND); motivate families to exercise on a regular basis (Exercise); empower them to make informed food choices (Nutrition); and then show them how to (Do It) in a fun, easy and sustainable and non-judgemental way!

Families take part in a 2 hour session twice a week for 8 weeks that combine active living (physical exercise), healthy eating and behaviour change for the family. The second hour involves continued discussion for the parents while the children engage in fun, physical activities.



BY ATTENDING MEND:

- Families learn about all aspects of nutrition, including how to make healthy food choices.
- They learn how to read food labels, understand fats and sugars and the difference between refined and unrefined foods and how to prepare a healthy balanced meal.
- They learn how change their eating and exercise habits through mind exercises such as setting goals and rewards and how being active can be fun.
- Reduce Body Mass Index, increase self-esteem and reduce sedentary behaviours.

MEND was developed and tested by some of the UK's leading experts in child nutrition, child behaviour and exercise. In 2011, MEND was adapted to align with Canadian dietary and policy guidelines. Independent research shows that by following the MEND principals, children and families can learn skills and information that will help them manage their weight in a healthy, long lasting way.

Centennial Community Centre and Olivet Baptist Church, New Westminster

Sunday, 1:00 - 3:00 pm & Wednesday, 6:30 - 8:30 pm
(twice a week for 8 weeks)

January 25 - April 1 (no classes March 11, 15, 18 & 22)

Registration Fee: Free

138992

How to register for the MEND program?

Register online at: www.newwestpcr.ca

Registration is limited, so register today to make sure you don't miss out!

Email rmanzer@newwestcity.ca or call 604.777.5100.



