

Sign Up Today!

Child's name _____

Nickname _____

Birthdate _____ Age _____

Parent's name(s) _____

Address _____

City _____ County _____ Zip _____

Home Phone _____

Cell Phone _____

Daytime Phone _____

Email (Parent) _____

Email (Child) _____

Child's height _____ Child's weight _____

Ht % _____ Wt % _____

BMI _____ BMI % _____

**We will check these at the meeting.*

Child's Doctor _____

Address _____

Does your child have health insurance? _____

Who else lives at home with you? _____

Emergency Contact and Phone _____

continue to other side

"Trim Kids has allowed me to lose the weight that I have struggled with my whole life. It has made me more confident and helped me prove that once I put my mind to a goal, I will achieve it! This program has made a huge difference with my whole family. We eat healthier, with each member of the family losing or maintaining their weight. It truly reflects how important a healthy lifestyle is. Make up your mind, do the work, and



you will succeed! Without Trim Kids, I do not know where or who I would be today. It has improved my quality of life, and for that I am forever grateful."—Patsy Bratton

Please mail this application to:

Trim Kids Coordinator
YMCA of Northwest Louisiana
215 Carroll Street
Shreveport, LA 71105
(318) 674-9635
sabrah@ymcanwla.org



trim kids
helping kids soar

Building healthy kids,
healthy families, and
healthy communities

Financial assistance is available.



Trim Kids

Trim Kids is a twelve-week plan that gives parents and their children, ages 6-18, a healthy foundation for lifetime weight and physical activity management.

The parents and children practice ways of increasing their daily activity and learning how to plan daily menus with nutritious kid-tested recipes.

Psychological issues like peer pressure, bullying, and self-esteem are discussed in a confidential, supportive group environment.

YMCA Mission
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



Requirements

- Children, ages 6-18, that are overweight or are at risk for becoming overweight
- A supportive Parent or Guardian, who lives in the home, that will attend each weekly meeting with the child
- A supportive, involved family that is committed to a healthier lifestyle
- Active participation in weekly homework

Support of your Doctor

Weight problems are chronic medical conditions that require the support and assistance of your child's doctor. You must have your doctor's permission to participate in the Trim Kids program.

Check out www.mypyramid.gov.



Child's medications

Allergies _____

Food Allergies _____

Does your child have any health problems? N Y

If yes, please explain _____

What health problems run in the family?

What else do you want us to know?

Why do you want your child to enroll?

Where did you hear about this program?

___ School ___ Media ___ Doctor

___ Friend ___ Other _____

Your child is most likely to succeed with your solid support and participation. Are you ready to make changes and committed to helping your child and your family be more fit and healthy?

Signature(s)

~Application does not guarantee enrollment in the program.