

**For program details contact your local  
YMCA Strong Kids Strong Teens Coordinator**

**Auburn Valley** 253-833-2770

Serving Kent, Pacific and Enumclaw Plateau

**Dale Turner Family** 206-363-0446

Serving South Snohomish and North King county

**Highline** 206-244-5880

Serving Burien, Des Moines, Normandy Park,  
Sea Tac and Tukwila

**Meredith Mathews East Madison** 206-322-6969

Serving greater Seattle

**Northshore** 425-485-9797

Serving Bothell, Kenmore, Woodinville and Duvall

**University Family** 206-524-1400

Serving north Seattle, Sand Point, Ballard, Green Lake  
and Lake City

**West Seattle / Fauntleroy** 206-935-6000

Serving West Seattle, South Park and White Center

**The YMCA of Greater Seattle** is a charitable organization since 1876,  
serving King and south Snohomish counties.

**Everyone is Welcome.**

The YMCA is a membership organization open to all people.

**Financial Assistance**, to the extent possible,  
is available to those in need.

Strong Kids Strong Teens is presented in  
partnership with Children's Hospital and Regional  
Medical Center, Odessa Brown Children's Clinic  
and the YMCA of Greater Seattle.



**We build strong kids,  
strong families,  
strong communities.**



# Strong Kids Strong Teens



**Healthy Eating and Healthy Lifestyles  
for children, teens and families.**

A program of the YMCA of Greater Seattle,  
Children's Hospital and Regional Medical  
Center and Odessa Brown Children's Clinic.

# Childhood Obesity

Childhood obesity in America has reached epidemic proportions. Today, almost twice as many children and three times as many teens are overweight as in 1980. To address the issue, the YMCA of Greater Seattle and Children’s Hospital and Regional Medical Center and Odessa Brown Children’s Clinic have created a ground breaking program called “Strong Kids Strong Teens.”

## The Solution

The 18-week “Strong Kids, Strong Teens” program combines nutrition guidance and physical activity to help overweight youth aged 8-14 develop healthy lifestyles. Program highlights:

- Youth (8-11) and teens (12-14) take part in separate programs.
- Parents participate with their children.
- There are two 90-minute sessions per week for 12 weeks, plus a single weekly session for an additional 6 weeks.



# Join Strong Kids Strong Teens

It’s easy for parents to enroll:

- Fill out the parent’s portion of the Referral Tracking form available from a participating YMCA or online at [obesity.seattlechildrens.org](http://obesity.seattlechildrens.org).
- Take the form to a doctor, nurse practitioner or school nurse to complete.
- Request that the doctor or nurse fax the completed form to the YMCA where the family will participate.
- Get started with Strong Kids Strong Teens after a staff member contacts the family.



## Program rates

YMCA Facility Members: \$150  
Non YMCA Members : \$200

Please note that financial assistance for YMCA membership may be available. For more information, contact a Strong Kids Strong Teens participating YMCA