



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACT! ACTIVELY CHANGING TOGETHER

EATING WELL. PLAYING MORE.

Ready for a healthy change? Looking for ways to help your child eat well and be more active?

Youth: Ages 8-14

ACT! is a 12-week program for youth 8-14 years and their parents promoting healthy nutrition, activity and lifestyles brought to you in partnership through the Whatcom Family YMCA.

- 90-minute group session once per week for 12 weeks
- A nutritionist and physical activity coach lead each session
- Parents join the program together with their kids
- Energizing games, activities and light meals
- Offered twice a year (fall & winter)
- Referrals are welcome year-round



READY TO ACT! NOW?

A healthcare provider referral is required to enroll (doctor, registered nurse, registered dietitian or any licensed healthcare provider). Youth must have a body mass index (BMI) $\geq 85^{\text{th}}$ percentile.

You and your child's healthcare provider can complete this form and fax it to the Whatcom Family YMCA, 360-734-8406. The YMCA will contact interested families after receiving the referral.

Parent completes the following:

- I would like to receive more information about ACT!
- I am ready to reserve a spot in the ACT! program and confirm that this child is physically and emotionally able to participate in group physical activities.

Child's age _____ Male Female

Child's Name _____

Parent/Guardian Name _____

Address _____

Preferred contact phone _____

Email address _____

How did you find out about ACT!? _____

Additional Health Information _____

Provider completes the following:

- I confirm this child/teen is eligible for ACT! with age 8-14 years and BMI $\geq 85^{\text{th}}$ percentile.

Child/Teen Height (cm) _____ Weight (kg) _____

Provider Name _____

Signature _____

Date _____

Clinic _____

Email or Fax _____

In Association With



Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION