

Did you know that...

- Overweight children and teens are at risk for developing serious medical problems like diabetes, high blood pressure, high cholesterol, heart disease and sleep apnea
- Studies show that 80% of children ages 10-15 years of age were obese adults by age 25
- 15% of all children in the U.S. are overweight
- 25% of African Americans and Hispanics weigh too much
- Obesity has become the most prevalent nutritional problem in the world

*Center of Disease Control & Prevention 01/23/07



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Testimonial

Val, a mom says: *"I felt very fortunate to have available to me and my daughter the professional team that has made such a difference in our lives. The expertise and motivation that was provided each week was out standing. I felt very fortunate to be surrounded by so many knowledgeable professionals who were truly dedicated to our success with the programs. Every week was educational, motivational and gave me the tools to help my daughter...The help that has been offered will truly change the lives in our family."*

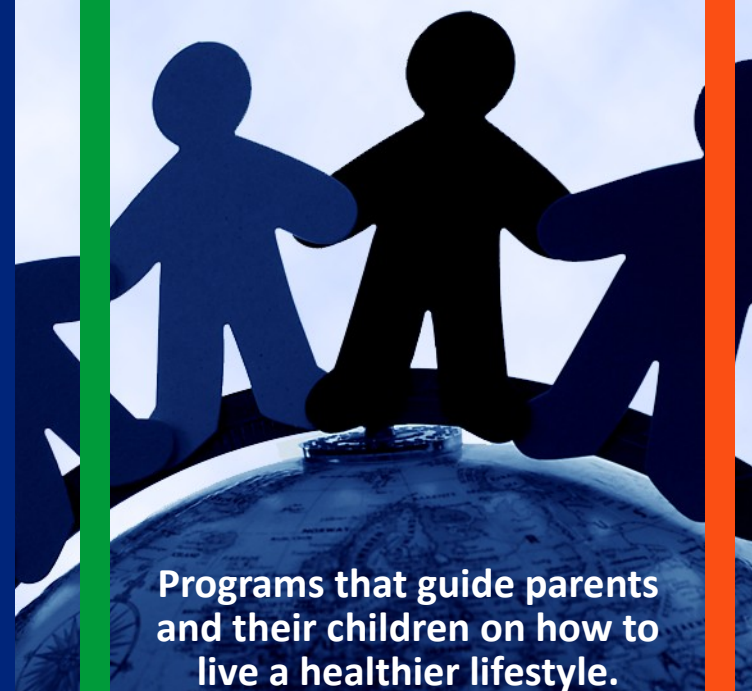
Brittany age 9 says: *"My favorite parts of this program are learning so much, the fact I feel I am getting healthier and making so many friends that dealing with what I'M DEALING WITH. Usually I don't like going out places, but I LOVE coming here! I LOVE this program. Keep it going!"*

For further information about our programs or if there are any questions, please call 866-648-3265

Community Care Travel Team



A Healthy Lifestyle Program for Children and Teens



Programs that guide parents and their children on how to live a healthier lifestyle.



What to expect from the programs...

A lifestyle solution for children and their families that will help empower them to use basic and easy to understand skills about how to eat and live a healthier life.

“Childhood Obesity affects more than 30% of children, making it the most common chronic disease of childhood.”

- Centers for Disease Control & Prevention

How do the programs work?

- The child’s medical provider completes a referral form after performing a physical exam.
- Individual assessments are then scheduled with a registered nurse, registered dietitian, exercise specialist, and wellness counselor.
- The assessments may be done by a travel team in the child’s medical provider’s office or at an offsite center.
- Individual 30 minute sessions may continue with the clinicians or the child may be referred to R-TEAM (Reshaping Thru Exercise, Attitudes and Meals) for group sessions.
- At the R-TEAM the child and parent/caregiver will attend group sessions. Knowledge will be enhanced through fun and games by practical and hands on group participation.



What will the programs provide?

The programs will provide individualized long term goals and a continuing plan to follow upon completion of the program.

Information about:

- Basic food groups
- Correct portion size
- Feelings that affect eating
- Healthy restaurant eating
- Meal Plans
- Exercise Plans
- Setting Goals

