



# ProActive Kids Foundation

## BIOMETRIC OUTCOMES DATA REPORT

### ABOUT PROACTIVE KIDS

ProActive Kids Foundation (PAK) is a 501(c)3 not-for-profit foundation with a mission of advancing child health and reversing the obesity trend one community at a time.

ProActive Kids designed the PAK PLAN to introduce healthier lifestyle options to children and their families by developing their mental, physical and nutritional health. During this 8 week session, PAK will facilitate fun and sustainable exercises in a variety of areas to create lifelong healthy behaviors.

### EXPECTED RESULTS

The PAK PLAN results will be based on the following 5 core principles:

- ✓ BE FIT - Change in Body Mass Index (BMI) calculated by Weight/Height/Age
- ✓ BE STRONG - Develop athletic abilities including Endurance, Strength and Flexibility
- ✓ BE CONFIDENT - Enhance Self-Confidence
- ✓ BE ENGAGED - Understand full potential and commit to a healthier lifestyle
- ✓ BE HEALTH SMART - Facilitate sustainable positive nutritional behaviors and decision making

### THE PAK PLAN



#### PAK FITNESS

PAK trainers follow a fitness program designed by Right Fit Sport Wellness that includes three 45-minute sessions each week designed to increase muscular endurance and strength, cardiovascular endurance, flexibility and reduce body fat/BMI.



#### PAK NUTRITION

Led by licensed dietitians, the PAK dietary program is a family-inclusive approach to making lifestyle changes together, and moving toward healthier eating habits. Each 40-minute nutrition lesson engages the entire family to discuss proper nutrition as well as make a healthy snack or meal together.



#### PAK LIFESTYLE COACHING

Childhood obesity can be a sensitive issue and the social and psychological effects at a young age can be lasting. Understanding and working through the personal, societal and peer issues related to obesity will help children and their families deal with the many contributing factors to health issues. At PAK, our counselors follow a curriculum designed by Meier Clinics® to reinforce confidence, encourage communication and teach valuable coping skills to empower kids to take control of their lives and their decisions.

# PROACTIVE KIDS QUICK FACTS

- 501(c)3 not-for-profit foundation
- Founded in December 2009
- Educated over 2000 kids and their families, with over 880 completing the entire 8-week program with an 82% attendance rate
- Program is FREE to participants
- Session groups consist of 20-25 kids ages 8-14 and their families
- Sessions are 8 weeks in duration, four times per year - Winter, Spring, Summer and Fall
- Sessions are hosted Monday and Wednesday from 4: 00 p.m. - 5:30 p.m. and Friday from 4:00 – 6:00 p.m.
- Families participate throughout program – on Orientation Day, in parent-only coaching and motivation sessions, in Friday sessions with the kids in all components, fitness, nutrition and lifestyle.

# PROACTIVE KIDS BIOMETRIC OUTCOMES

Data represents outcomes from 835 participants from 73 different sessions from Winter 2010 through Summer 2017

- **BMI**

72% or 640 out of 887 participants have seen a drop in their BMI (Body Mass Index). BMI uses height and weight measurements to estimate how much body fat a child has to help determine how appropriate a child's weight is for a certain height and age.

- **BODY FAT**

76% or 638 out of 839 participants saw a decrease in their Body Fat Percent. Percent body fat is the percentage of fat your body contains. *Calculation:* PAK Trainer use the TANITA scale to calculate body fat.

- **FAT MASS**

75% or 630 out of 839 saw a decrease in their Fat Mass. Body fat mass is the total weight of the person's fat and consists of essential body fat and storage body fat. *Calculation:* total body weight x body fat percentage = weight of body fat.

- **FAT FREE MASS**

65.5% or 550 out of 839 saw an increase in their Fat Free Mass (FFM). FFM is comprised of the nonfat components of the human body. Skeletal muscle, bone and water are all examples of fat-free mass. Examples: Fat-free mass can refer to any body tissue that does not contain fat, such as bones, organs, etc. *Calculation:* total body weight - weight of body fat = weight of lean body mass.

- **WEIGHT**

62% or 550 out of 887 participants saw a decrease in their body weight over duration of the 8 week program.

\*Average attendance rate is 82.6% of *graduating* participants, indicating that on average, the participants attended just under 20/24 classes. **Amazing commitment for a free 8-week, 3 days/week, program!**