



Is your child struggling with their weight? We can help!

The Healthy Active Living Program

The Healthy Active Living (HAL) program is a program for kids **ages 2-18** who struggle with excess weight gain. With a personalized focus on your family's needs, we help you establish and achieve your specific goals for creating healthy habits that will last a lifetime!

What To Expect

- *Personalized visits* with a doctor, dietitian and behavior counselor for nutrition, physical activity and behavior modification counseling
 - Visits are 45-90 minutes depending on how many providers you see that day, so please plan accordingly.
 - Visits are *typically* every 2-4 weeks and continue for 6 months, but the frequency and duration of visits are based on your family's needs.
- An assessment of your child's risk for medical conditions associated with excess weight



HAL-ProActive Kids

- For children **8 to 14 years old** we offer an additional *group-based* program. This program meets 3 days per week for 8 weeks:
 - *Monday and Wednesday 5:00 – 6:30pm – Fitness and Lifestyle (kids only)*
 - *Friday Family Day 5:00 – 7:00pm – Fitness, Nutrition and Lifestyle (whole family)*
- At the end of the 8 week group program, you will have ongoing individualized visits with the Healthy Active Living team to continue lifestyle changes and goal-setting

How to Enroll

- Check with your child's doctor to see if your child is eligible, and ask for a referral
- Call **(847) 374-1300** to schedule an appointment with the **Healthy Active Living Clinic**
- HAL Clinic visits are billed to insurance. ProActive Kids sessions are free of charge!

www.advocatechildrenshospital.com/care-and-treatment/healthy-active-living-for-kids/

