

Healthy Kids Initiative

Physical Activity - Dietary - Cognitive Behavior Education – Social Support

The Free and Comprehensive 12 week Healthy Kids Initiative:

- ✓ Occurs at the local YMCA's in Saskatoon, Regina and Moose Jaw
- ✓ 5 days a week of physical activity supervised by an Exercise Therapist
- ✓ Education sessions with a Registered Dietitian on not only what to eat, but how to start and maintain dietary changes
- ✓ Cognitive behavior education with a Psychologist or Social Worker to help initiate and adhere to new activities to improve health
- ✓ Bringing a "buddy" and a parent/caregiver so youth don't have to do it alone and have necessary social support during the program
- ✓ Daily fresh fruit from Pratts Food Service
- ✓ Ethical approval for evaluation by Saskatchewan Health Authority (#18-63)
- ✓ **No cost** for YMCA gym membership, exercise sessions, education or fruit
- ✓ Significant discount on shoes and clothing at a local fitness store

Eligibility for Program

1. Youth in school between grades 6-12
2. Body Mass Index of being "overweight" or above
3. Resident of Saskatoon, Regina or Moose Jaw

If you wish to sign up for the program please reach out to us using the contact information outlined below, based on your nearest community.

Collaborating Agencies:

YMCA's of Saskatoon, Regina and Moose Jaw

Alliance Health medical clinics

Public Health Agency of Canada

Provincial Minister of Health

Saskatchewan Health Authority

Provincial Department of Pediatrics

Canadian Cancer Society (Sask Division)

Canadian Mental Health Association (Regina Branch)

Diabetes Canada

The Lung Association, Saskatchewan

Local School Boards

Chief of Police of Moose Jaw

Mayor of Moose Jaw

Fire Chiefs of Moose Jaw and Regina

Pratts Food Service

...More collaborators to announce soon...

Regina

rehab.allianceregina@sasktel.net

Direct line: 306-337-3867

Saskatoon

om.alliancesaskatoon@sasktel.net

Direct Line: 306-651-5374

Moose Jaw

admin.alliance@sasktel.net

Direct Line: 306-693-6222