

Healthy and Fit Kids and Families

Altru's Healthy and Fit Kids and Families offers solutions for healthy lifestyle change for children age 2 to 18. Every journey begins with a free consultation, which will help us tailor the program to fit each family's needs.

Kids Nutrition and Fitness Package - \$495

Families will work with a health and wellness coach and a registered dietitian to learn how to be active and eat healthy in a fun way. An adult is encouraged to attend with the child.

This six month package include six sessions with a health and wellness coach, and six sessions with a registered dietitian. Also included in this package is an activity tracker, cookbook and portion plate.

Families will also have four opportunities throughout the year to participate in group fitness and nutrition activities.

Financial support may be provided by Altru Health Foundation through the generosity of the donors at Altru's Gala 2015.

For more information or to register, call the Sanny & Jerry Ryan Center for Prevention & Genetics at 701.732.7620.

Providers: To refer to the program in EPIC, select Procedure Code HEALTHY N' FIT KIDS (PRO598).



- » Do you need ideas on how to get your child to eat more fruits and vegetables?
- » Does your child prefer sugary beverages (soda, juice, chocolate milk) over water or milk?
- » Does your child spend most of their free time playing video games or watching television?
- » Is your child getting less than 1 hour of physical activity per day?
- » Do you have a family history of diabetes or heart disease?
- » Do you need guidance to help your child and family live healthier lives?

**If you answered yes to one or more of these questions,
Healthy and Fit Kids and Families is a good fit for you!**