**PROGRAM HELPS NATIVE YOUTH LIVE LONGER HEALTHIER HAPPIER LIVES!**

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**WHAT IS THIS PROGRAM?** The program is *Back in Whack* *for Teens [BiW4Teens].* This group program is specially designed to help preteens and teens adopt healthier lifestyle and eating habits and achieve a healthier weight. During the group sessions, a trained health coach will guide youth through the program’s interactive health coaching videos and companion workbook. The program is filled with insightful information, hands-on activities, self-discovery exercises, nutrition activities, discussion guides, treasure hunts, field trips, and many exciting tools that support new health habits.

It is difficult for youth to change health habits without the support of their parents. Parents are encouraged to participate in home-based program activities. They are provided with a Parent Support Pack which provides guidance as to how they can help their preteen/teen be successful during the program.

The *BiW4Teens* program is a family friendly program which contains multiple ideas to promote family involvement. Many fun family activities built into the program that get the whole family moving more together and teaming up to prepare healthier meals.

**WHY DO YOUTH LOVE THE PROGRAM?** BiW4Teens gradual week-by-week program schedule in addition to kid-friendly terminology and concepts, makes losing weight easy and fun for preteens/teens. Teens and preteens like that the program helps them understand their bodies and how lifestyle and eating habits effect their weight and overall health. They **love** how the program allows them to be in the driver’s seat when it comes to choosing heath goals and how they will accomplish these goals.

Youth who have completed the program have reported many benefits like increased energy and stamina, feels good being physically active, increased ability to concentrate and think clearly, improved self-esteem, and diminished symptoms of ADD, depression, anxiety, and mood swings. Teens and preteens love experiencing life changing transformation of their bodies and minds.

**WHAT DO PARENTS TRUST THE PROGRAM?** Teens and preteens have specific nutritional needs that can’t be met by popular adult diets. Parents want a safe, age-appropriate weight loss program for their overweight teens and preteens. Parents trust the BiW4Teens Program because it is specifically designed for preteens/teens, considering their nutritional needs and growth requirements. The program teaches preteens/teens about healthy eating habits, proper nutrition, and the importance of physical activity, helping them develop lifelong healthy habits. BiW4Teens addresses not just diet and exercise, but also emotional and psychological aspects of weight loss, including self-esteem, body image, and teaches youth effective habit change skills. The program prioritizes overall well-being and gradual, sustainable weight loss rather than quick fixes, emphasizing lifestyle changes that can be maintained long-term.

Parents love the BiW4Teens Program because it provides opportunities for the whole family to get involved with program actives. Family members are adopting healthier lifestyle and eating habits right along with the teens and tweens enrolled in the program. Parents have reported that the BiW4Teens Program has not only improved the physical health of all their family members, but it has also strengthened family relationships as members of the family have worked together to adopt healthier habits.

**WHY ARE PEDIATRICIANS SO EXCITED ABOUT THE BIW4TEENS PROGRAM?** BiW4Teens has everything that pediatricians are looking for in a weight management program for youth. The program has been developed according to research-based, expert pediatric guideless. BiW4Teens has been used in multiple pediatric clinics and has proven to effectively help preteens/teens adopt healthier habits, achieve a healthier weight, and improve overall health. The heathy lifestyle and nutrition habits in this program reduce the risk for diabetes, heart disease and some forms of cancer.

The benefits of this program don’t stop here! Pediatricians have reported that preteens/teens who complete the program have lowed high blood pressures, lowered elevated cholesterol levels, increased HDL (good) cholesterol levels, lowered elevated liver enzymes, lowered elevated blood glucose levels, along with achieving a healthier weight. So, are pediatricians excited about the program? Absolutely!!

**BIW4TEENS IS NOW AVAILABLE IN OUR COMMUNITY!** Parents can sign their teens or tweens up for the group program by …. **COMPLETE THIS SECTION**