

### IS THERE ANYTHING ELSE THAT WE SHOULD KNOW ABOUT THE PROGRAM?

YES! BiW4Teens is much **more than a weight management program**. Teens and tweens learn about important life skills during the program:

- Problem solving
- Combat negative thinking
- Understand mind-body connection
- Body acceptance & appreciation
- Learn to listen to your body
- Setting realistic achievable goals
- Positive thinking techniques
- Stress management
- Mindful eating
- Manage food cravings
- Journaling to support health & wellbeing
- Practice health supporting visualizations



### HOW IMPORTANT IS PARENTAL INVOLVEMENT?

It is difficult for youth to change health habits without the support of their parents. It is very important that parent(s) are actively involved in this program with their teen/tween. The Parents Support Pack contains information to help parents understand how they can help their teen/tween be successful during habit change.

### IS THE *BACK IN WHACK FOR TEENS* PROGRAM AVAILABLE IN MY AREA?

YES! There is a group program being offered in your community. A trained healthcare professional will be leading the group. See the details below:

START DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

LEADER: \_\_\_\_\_

HOW DO I SIGN MY TEEN/TWEEN UP FOR THE GROUP PROGRAM?

Want to learn more about the *Back in Whack for Teens* Program?

Go to: <https://www.positivepatterns4life.com/biw4teens>

## Prescription for a Healthy Weight

Name \_\_\_\_\_ Date \_\_\_\_\_

MEASUREMENTS	RISK LEVEL
Height _____	<input type="checkbox"/> Low (BMI less than 85 <sup>th</sup> %)
Weight _____	<input type="checkbox"/> Moderate (BMI 85 <sup>th</sup> % to 94 <sup>th</sup> %)
BMI % _____	<input type="checkbox"/> High (BMI greater than 94 <sup>th</sup> %)

**RISK LEVEL** – level of risk for developing develop serious health conditions like diabetes, enlarged heart, high cholesterol, high blood pressure, decreased lung function, sleep apnea, asthma, liver damage, gallbladder disease, GERD, joint damage, suppressed immune function, poor self-esteem, and depression.

**This is a really scary list!!** But here's the thing ... teens and tweens can lower high BMIs by adopting healthier eating and lifestyle habits. This will decrease their risk of developing chronic health conditions. Our clinic has a Weight Management Program for Teens and Tweens that is designed to help youth, with high BMIs, adopt 25 healthy habits that have been proven to help lower high BMIs. The program is called ***Back in Whack for Teens*** [BiW4Teens].

☐ **Enroll in the BiW4Teens Program.**

- ☐ **Start working on these SIX healthy habits while you are waiting for your first BiW4Teens appointment:**
1. **Drink 0 sugar-sweetened drinks – choose sugar-free drinks.**
  2. **Get at least 1 hour of physical activity a day.**
  3. **Limit screen time\* to 2 hours or less a day.**
  4. **Get 3 servings of dairy per day.**
  5. **Eat 4 times a day – 3 balanced meals & 1 healthy snack.**
  6. **Eat at least 5 fruits and vegetables a day.**

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

LOOK INSIDE TO LEARN ABOUT BiW4TEENS PROGRAM!

## IS YOUR TEEN/TWEEN AT HIGH RISK FOR DEVELOPING SERIOUS HEALTH CONDITIONS BECAUSE OF A HIGH BMI?

High BMI's are typically the result of excess amounts of stored energy on the body. The food we eat provides energy for the body. Most of the food a person eats should be used for fuel the same day that it is eaten. However, sometimes a person's energy balance gets *out of whack* and the body starts storing too much energy from the food that is eaten. When this happens on a regular basis, the body ends up with excess amounts of stored energy resulting in a high BMI.

Unhealthy eating and lifestyle habits are the most common cause of an *out of whack* energy balance. This is good news because habits can be changed. Adopting healthy lifestyle and eating habits can get an *out of whack* energy balance *back in whack*.

## CAN THE BIW4TEENS PROGRAM HELP MY TEEN/TWEEN ADOPT HEALTHIER LIFESTYLE AND EATING HABITS AND LOWER THEIR HIGH BMI?

YES!! BiW4Teens is an EFFECTIVE, PEDIATRICIAN APPROVED, RESEARCH-BASED, WEIGHT MANAGEMENT PROGRAM DESIGNED SPECIFICALLY FOR TEENS & TWEENS. This program includes **27 interactive health coaching videos** paired with a **companion workbook**. BiW4Teens has proven to help youth adopt healthier eating and lifestyle habits which improve overall health and promote weight loss.

## WHAT IS IN EACH PART OF THE PROGRAM?

In PART 1 **[Getting Started]** youth receive an overview of the program.

In PART 2 **[Changing Habits]** youth learn about 25 high impact health habits that have proven to help teens/tweens lower their BMI and achieve a healthier weight. Part 2 is loaded with program power tools which help youth to let go of old unhealthy habits and replace them with new healthy habits. Power tools could be called brain training tools because they help retrain your brain to like your new healthy habits and let go of old unhealthy habits. Power tools are a very important program component.

In PART 3 **[Eating Healthier]** youth receive an Individualized Nutrition Plan and lots of great nutrition information which includes how to choose healthy foods, learn serving sizes, tips for healthy cooking, planning balanced meals, putting together a healthy grocery list, shopping on a budget, ideas for healthier recipes, treasure hunts & field trips, activities to get the whole family working together in the kitchen, plus lots more.

In PART 4 **[Keep Moving Forward]** youth learn about problem solving, how to deal with path blockers, and find out how to SUCCESSFULLY launch themselves into the maintenance phase of the program.

In PART 5 **[Maintenance]** youth follow the personalized healthy lifestyle and nutrition program which they developed during parts 1 through 4. Their BMI starts dropping as new healthy habits become permanent healthy habits.

## WHAT ALL IS INCLUDED IN THE BIW4TEENS PROGRAM?

Program Components include:

- Individualized Nutrition Plan
- Nutrition Education & Training
- Food & Activity Log Plus
- Nutrition Plan Tracking Sheets
- Personalized Exercise Plan
- Healthy Lifestyle Habits
- Habit Change Training - Skills – Tools [Power Tools]
- Biw Habit Tracker with Weight Tracking
- Parents Support Pack
- Resources for Working with Your Doctor
- Discussion Guide for Parents & Teens
- Biw Habit Change Contract
- Family Activities Promote Family Partnerships
- FREE Program Completion Gift
- Access to BIW4TEENS Virtual Support Group



## HOW WELL DOES THE PROGRAM WORK?

Teens and tweens who complete the program are successfully adopting long lasting healthier eating and lifestyle habits and lowering high BMIs. **Pediatricians have reported seeing multiple health benefits** to youth using BiW4Teens Program:

- Weight loss and/or lower BMIs
- Lowered elevated cholesterol levels
- Increased low HDL (good) cholesterol levels
- Lowered elevated liver enzymes
- Lowered elevated A1C and blood glucose levels
- Lowered blood pressure
- Successfully adopted healthier eating and lifestyle habits which support normal growth and development, plus improve overall health
- Reduced risk for developing diabetes - heart disease - certain types of cancers
- LASTLY whole families have adopted healthier eating and lifestyle habits

Here are some other **program benefits** teens have reported:

- Increased energy and stamina
- Improved gastrointestinal function and health
- Clearer smoother skin
- Improved menstrual irregularities
- Easier to concentrate and remember things
- Getting better grades in school
- Improved self-esteem and body image
- Decreased depression and anxiety
- Strengthened family relationships

