

- ▶ Are you worried that your child is getting too much screen time and not enough physical activity?
- ▶ Are you worried about what your child eats?
- ▶ Do you want a healthier family but don't know where to start?

Call or email to find out if MEND is right for your family.

Location:

Starting:

Times:

MEND 7-13

- ▶ Children 7-13 years and their families
- ▶ Two session a week for 10 weeks
- ▶



Information and registration:

Visit www.bchealthykids.ca for information about MEND and other programs to help you and your family be active and eat healthy.

Where Families Get Fit and Healthy Together



mind,
exercise,
nutrition...
do it!





MEND helps families to raise healthy kids.

MEND is a fun, FREE program that supports children and their families in becoming more active and healthier through interactive group sessions.

MEND helps families:

- ▶ Change lifestyle habits (**m**ind)
- ▶ Be physically active (**e**xercise)
- ▶ Eat healthy food (**n**utrition)
- ▶ Take action (**d**o it!)



What happens at MEND:

- ▶ Parents/caregivers join their children in each session to learn how to choose healthier foods and spend more time being physically active
- ▶ Families participate in group sessions that show how small changes can make a big difference
- ▶ Practical demonstrations, games and tips about healthy foods, label reading and portion sizes
- ▶ Fun physical activity sessions for children while parents discuss their successes and challenges with trained program leaders

“The MEND program brought us together as a family to focus on what is important for each and every one of us to make long-term changes in terms of living a healthier lifestyle. We were able to support one another through the 10 week program and truly discover what it takes to make and keep these everlasting changes. Thank you for the road map to success.” — THE GRANT FAMILY

Research has shown that programs combining behaviour change, physical activity and healthy eating with support for families are more likely to produce long-lasting health benefits.

MEND has been developed and tested by some of the leading experts in child nutrition, child psychology and exercise.