

HELPING KIDS AGE 6 TO 18 REDUCE THE RISK OF DEVELOPING DIABETES
BY BUILDING LIFELONG, HEALTHY ATTITUDES ABOUT FOOD AND FITNESS

ENERGIZE!

A 12-WEEK HEALTHY LIFESTYLE PROGRAM FOR YOUTH AT RISK FOR DIABETES

ENERGIZE! is a 12-week program offered in several community locations and presented by the WakeMed Pediatric Diabetes Program. During these 12 weeks, kids learn how to lead active, healthy lives as they enjoy fun-filled activities. Highlights include:

INDIVIDUAL ASSESSMENT: Parent and child meet one-on-one with our staff to discuss risk factors for type 2 diabetes.

FOCUS ON FOOD: Learn important nutrition and health concepts through fun and informative activities.

EMOTIONAL ISSUES: Explore how emotions and self esteem affect our health and the choices we make.

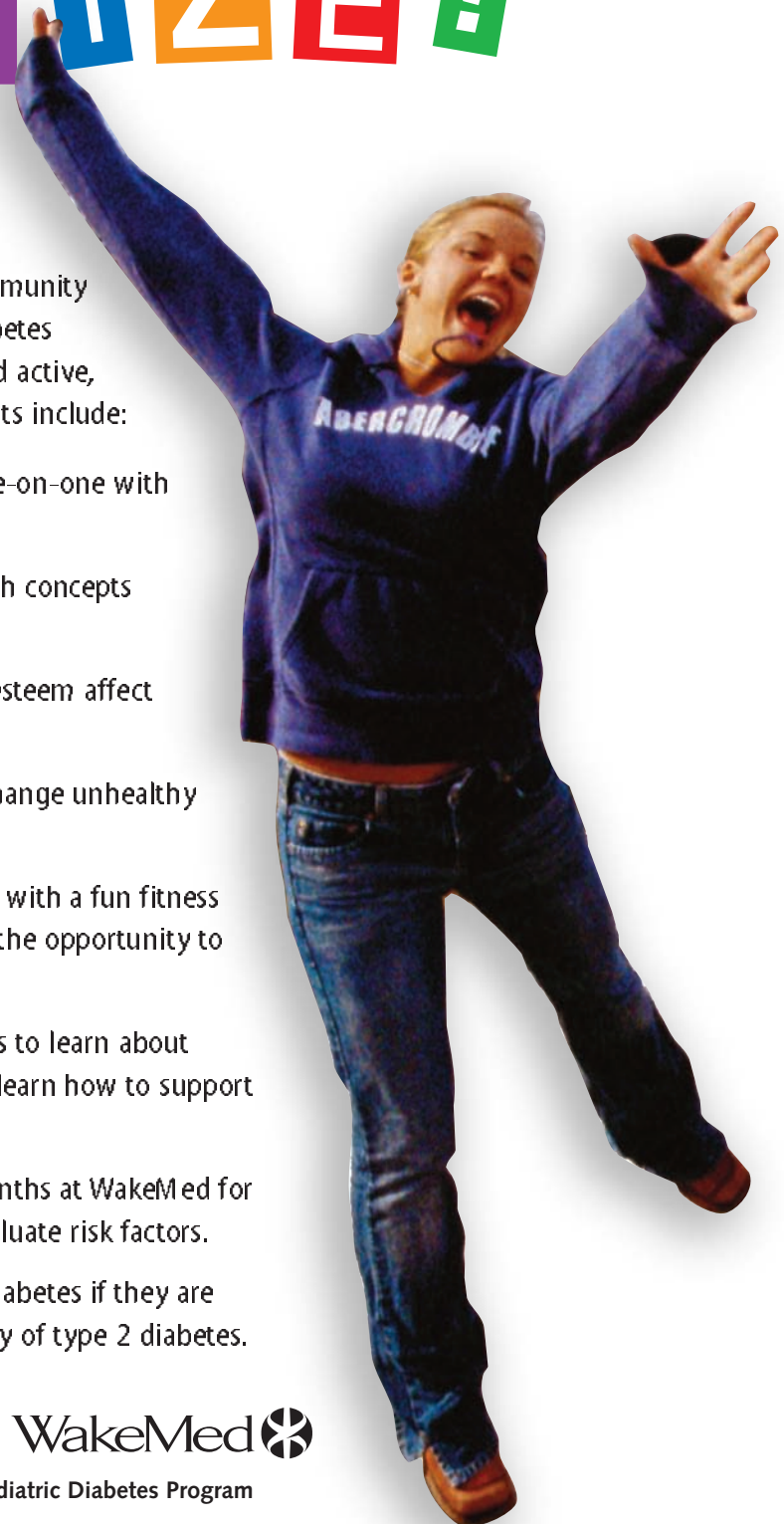
BEHAVIORAL CHANGES: Learn to identify and help change unhealthy behaviors and set lifestyle goals.

EXERCISE FOR FUN & FITNESS: Kids become more fit with a fun fitness program full of a variety of activities. Parents are given the opportunity to get active by exercising at the community location.

PARENT SESSIONS: Parents attend ENERGIZE! sessions to learn about nutrition, exercise and being a role model. Parents also learn how to support their child emotionally through encouragement.

MEDICAL FOLLOW-UP: Children are seen every six months at WakeMed for the next two years to continue setting goals, and to evaluate risk factors.

Children should be screened by their physician for prediabetes if they are overweight, have high blood pressure, or a family history of type 2 diabetes. Talk with your physician to find out if your child is at risk.



WakeMed 

Pediatric Diabetes Program

CALL **350-7584** FOR MORE INFORMATION.