

## How can you be successful?

- Be on time to all your scheduled appointments
- Commit to step-by-step changes you can maintain for a long time, not a “diet” or short-term exercise plan
- Make sure all family members are involved in your plan
- Ask your team whatever questions you have
- Work toward changes in your habits and activity level- and celebrate when you succeed!
- Accept and support your children no matter what their body shape or size
- *If you need to reschedule an appointment, call us at least 24 hours in advance*

## NUTRITION & FITNESS FOR LIFE PROGRAM™

### *Hi\*5 Way*

For more information, contact us at the number below.

A doctor’s referral is required, so ask your pediatrician if you are interested.



**Nutrition & Fitness for Life**

Tel : (617)-414-6876  
Fax: (617)-414-3644  
nfl.programs@bmc.org

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# NUTRITION & FITNESS FOR LIFE PROGRAM™

*Hi\*5 Way*

The Nutrition & Fitness for Life (NFL) Program at Boston Medical Center can help support your family's health and happiness, both now and in the future.

## We can offer you:

- Help making healthy lifestyle changes from our team of experts in nutrition and child & family health
- Action plans tailored to your family's needs and goals
- Tips for more nutritious food choices
- The option of community gym/YMCA scholarships
- Monthly cooking & nutrition classes with other families
- Help finding other resources in your community

Contact us or ask your doctor for a referral if you are interested.

## Who's on your team?

- \* **YOU** and your children/ family



### \* Specialty Dietitians/Nutritionists

Vivien Morris

Lauren Oliver

### \* Specialty Pediatricians

Dr. Carine Lenders

Dr. Alan Meyers

### \*Family Psychologist

Dr. Margaret Marino

We will call to schedule your first appointment.

You will receive a reminder letter and telephone call.

First visit – you will meet the rest of your team, and together we will determine if this program is a good fit for your family right now.

We may also discuss other possible treatment options.

Follow-up visits- meet with your dietitian and/or psychologist every 2 to 4 weeks for 6 to 8 months, then check in every 2-3 months for the rest of the year.

You may see your specialty pediatrician as needed during the year.

We will discuss different topics each visit, help you to develop personalized goals, and monitor your progress.