

## **Brenner FIT Academy Frequently Asked Questions: For Families**

**How do we become a Brenner FIT Academy family?** No referral is necessary. If you have a concern about your child's weight and health, your family may join the program.

**How long is the program?** The program lasts for six months.

**How much does it cost?** The program is free.

### **How does Brenner FIT Academy work?**

- Participate in an information session about the program.
- Attend up to three evening classes a month on topics that include nutrition, Family Fun Night, meal planning, picky eating, sleep, tools for teamwork, and self-esteem.
- Your family will receive support on healthy habit changes through regular phone coaching with your Family Support Specialist during the six-month program.

### **What will we learn?**

- How to make behavior changes that last.
- Practice balanced eating without feeling the need to diet.
- Find physical activity you enjoy.
- Learn new tools for working together as a team.

**Does it work?** The Brenner FIT Academy is designed to follow the same principles as the more intensive Brenner FIT Clinic program at Brenner Children's Hospital.

- Research in Brenner FIT shows that as a result of these habit changes:
  - Two-thirds of children improve their weight status.
  - Children show significant improvement in triglyceride and cholesterol levels.
  - Most children maintain their new weight status, with more than half still losing after completion of the program. Children are equally successful from different racial and ethnic groups and geographical locations.