

# MEND – Mind, Exercise, Nutrition... Do it!

## MEND for 2 - 4 year olds

### What is MEND 2-4?

MEND 2-4 is a FREE comprehensive, family-based healthy lifestyle program for all families with children aged 2-4 years. This program is designed to promote healthy eating and activity habits from an early age.

### Who can participate?

MEND 2-4 is for children and families who are interested learning about healthy lifestyles. Children do not have to be above a healthy weight.

### What happens at the MEND program?

- ♥ MEND 2-4 consists of ten sessions, once per week. Each session is 90 minutes long
- ♥ Parents /caregivers join their children in each session
- ♥ Spend time playing with your child and learn new games
- ♥ Take part in a parent discussion while your child plays
- ♥ Learn fun ways to introduce new foods and add variety
- ♥ Learn how to read and understand food labels and ingredients
- ♥ Learn how to deal with challenging behaviours
- ♥ Meet other parents and families in your area and make new friends

"I HAVE TOTALLY CUT DOWN THE AMOUNT OF TELEVISION MY TWO-YEAR-OLD WATCHES. WE PLAY

### Locations:

- Fransaskois Parent Association (Francophone Family Support Centre) – 910 5<sup>th</sup> Street East (off Clarence Ave)
  - September 28<sup>th</sup> - December 14<sup>th</sup>, 2013 (Cancelled Oct 12 and Nov 9)
  - Saturdays 10:00am – 11:30am
- YMCA (25-22<sup>nd</sup> Street East)
  - October 9 – December 11<sup>th</sup>, 2013
  - Wednesdays 9:30am – 11:00am



## MEND for 7 – 13 year olds

### What is MEND 7-13?

MEND empowers children and families to become fitter and healthier. This free program is fun and interactive and supports 7 – 13 year old children and their families to adopt a healthy lifestyle.

### Who can participate?

MEND 7-13 is for children aged 7 to 13 years who are above a healthy weight (BMI 85 percent or higher)

### What happens at the MEND program?

- ♥ Parents /caregivers join their children in each session to learn about how to choose healthier foods and spend more time being physically active.
- ♥ Twice-weekly sessions are a mix of family activities where we show you 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 the kids in a non-judgmental environment.
- ♥ After 10 weeks, you and your family will be well on your way to a healthier life!

#### MEND is...

- ♥ a healthy lifestyle program
- ♥ FUN
- ♥ FREE
- ♥ involves the entire family
- ♥ meeting new friends
- ♥ making healthier choices

#### MEND is NOT...

- ✗ a diet
- ✗ weight loss program
- ✗ being told what to do

### Locations:

- St. Mark's School (414 Pendergrasse Road)
  - October 1 – December 3<sup>rd</sup>, 2013
  - Tuesdays 6:30-8:30pm & Thursdays 6:30-8:30pm
- College of Kinesiology –Williams Building (221 Cumberland Ave.)
  - October 2 – December 14<sup>th</sup>, 2013 (Cancelled Oct 12<sup>th</sup>, Nov 9<sup>th</sup>)
  - Wednesdays 6:30-8:30pm & Saturdays 10:00am- 12:00pm
- Silverwood School (403 Silverwood Road)
  - October 7 – December 16<sup>th</sup> (Cancelled Oct 14<sup>th</sup>, Nov 11<sup>th</sup>)
  - Mondays 6:30 - 8:30pm & Wednesday 6:30 - 8:30pm



"I'D RECOMMEND MEND TO FAMILIES CURIOUS ABOUT WHAT REALLY GOES INTO FOOD SO THEY CAN MAKE INFORMED CHOICES. IT'S ALSO A GREAT OPPORTUNITY TO SPEND SOME QUALITY TIME WITH YOUR CHILD."  
MIRIAM, PARENT

Check out the YouTube video for more information:

[http://www.youtube.com/user/mendprogramme?feature=results\\_main](http://www.youtube.com/user/mendprogramme?feature=results_main)