Are You Worried About Your Child’s Weight?
Try MyHealth.
Eat, Live, Be Well

For more information, call Megan Gorby, obesity prevention coordinator, at (614) 722-4807 or email Megan.Gorby@NationwideChildrens.org.
What is MyHealth?
MyHealth is a program for children and families concerned about their child’s weight.

The Center for Healthy Weight and Nutrition at Nationwide Children’s Hospital and your pediatrician’s office work with you to make healthy changes and find the right balance of eating and activity to help you be healthy.

Our program includes:
- **One-on-one sessions**
  - You and your child will meet with your doctor or dietitian once a month to discuss healthy food choices and activities.
  - Learn about healthy eating and make a plan just for your child.

- **Lifestyle Changes**
  - You will set and work on goals for eating better and staying active that work with your family and your schedule.
  - Your family’s community and culture will be important to your plan.

- **Family Support**
  - Involve the whole family. Your child’s success depends on your support.
  - Providing healthy food choices and being active help the whole family succeed.

Get Started Now!
- **Eat Well**
  - Ask for fun recipes that you and your child can make together.
  - Make family meals a top priority. Kids who eat with their family make better health choices and do better in school.

- **Live Well**
  - There is always something to do in central Ohio to stay active as a family! We can connect you with fun activities that will help keep you moving.
  - Time for 10! is a free fitness program for children ages 5 and up. Visit NationwideChildrens.org/Time-for-10.

- **Be Well**
  - Talk to your child’s doctor about getting started in MyHealth today! Or call your child’s doctor’s office to schedule an initial MyHealth appointment.
  - Offices offering MyHealth are listed on the back of this brochure.

A Family Mission
Involving your whole family is important to your child’s success. We will help you lead your family toward a long-lasting, healthy lifestyle.

“We made changes that worked for our family. With each new goal, we were taking steps to a healthier lifestyle.”