

Kids Kick Start Program

The kids kick start program is a holistic exercise and nutrition program for children and teens aim at helping with weight loss, fitness and healthy lifestyle choices.

The program includes

- ✓ One on One Exercise Sessions
- ✓ One on One Nutrition/Dietetics Consultations
- ✓ Group Exercise Classes
- ✓ Psychology (where needed)

Our program is for children ranging from 5 to 17 years old and involving tailored exercise and nutritional for children and education for parents.



Southwest *Wellness* Centre



Difference Health Group

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Physiotherapy *Dietetics* *Podiatry* *Personal Training Studio*

Difference **Difference** **Difference**
Exercise Physiology *Psychology* *Massage Therapy*

Unit1/5 Exchange Parade

Narellan NSW 2567

Phone: 02 4647 1134

Fax: 02 4646 1000

www.southwestwellness.com.au

info@southwestwellness.com.au



*Exercise, Nutrition & Education
Program for Children & Teens*



*Exercise and
Nutrition
Program for
Children and Teens*

Kids Kick Start Program

The Kids Kick Start program is a nutrition and exercise program for children and teens. The program is designed to help children and their families with weight loss, fitness, and healthy lifestyle choices.

The program includes;

- 1 on 1 private consultations
 - Exercise Physiology Sessions with Exercise Physiologist
 - Dietetics/Nutrition with Dietitian
- Group Exercise Classes
- Psychology sessions (where required)

The program caters for children from 5 to 17 years old with children allocated to specific age groups. The program involves not only educating children but educating parents.

The program also has group and family discounts where family members can train together to encourage a whole family approach.

Get Started!

A referral from your GP is not necessary as you can join the program privately. However private health fund rebates are available.

Children who are suffering with obesity or a chronic illness may be eligible for Medicare Rebates.



Children 5-12

The aim for children aged 5 to 12 is to provide an exercise program to establish proper movement patterns, including agility and movement based skills so that your child is able to meet key developmental movement milestones. It is also about building your child's self esteem and confidence.

This is a very family-centred program, as the success in achieving a healthy lifestyle with your child involves support from the whole family.

The nutrition part of the program involves the whole family unit by providing advice to parents on healthy meal preparation and clever strategies for managing fussy eating where needed. The program encourages children to be involved in food preparation and selection and educates your child on the importance of healthy eating.

Teens 13—17

Teens are moving into a stage in life where they are becoming more independent and it is important for them to understand the importance developing lifelong healthy lifestyle habits.

The exercise program includes a combination of fun cardio activities and resistance training to assist in developing regular exercise habits.

The nutrition component focuses on ensuring nutritional requirements for growth are being met, establishing healthy meal patterns and building their confidence in making healthy meal selections for themselves.

Psychology

The psychology component of the program is an optional extra however is highly recommended. There are links between children who are suffering with being over weight or obesity and depression and anxiety. If you feel that your child is suffering at school with self esteem, bullying, depression or anxiety please speak to your child's doctor for a Mental Health Care Plan as part of this program.

Our Facility

Southwest Wellness Centre is a private custom built Allied Health Facility, with all our practitioners under one roof providing ease and convenience for clients.

The facility comprises of independent clinic rooms, including a physiotherapy & podiatry clinic as well as a 250sqm gym.

The gym is not open to general public and therefore provides a non intimidating environment for clients to exercise.

The facility has long operating hours from 5.30am – 8pm, weekdays and 8am-1pm Saturday, to allow flexibility for patients as well as childminding facilities during the week.

