

## IS THERE ANYTHING ELSE THAT WE SHOULD KNOW ABOUT THE PROGRAM?

YES! BiW4Teens is much **more than a weight management program**. Teens and tweens learn about important life skills during the program:

- Problem solving
- Combat negative thinking
- Understand mind-body connection
- Body acceptance & appreciation
- Learn to listen to your body
- Setting realistic achievable goals
- Positive thinking techniques
- Stress management
- Journaling to support health & wellbeing
- Practice health supporting visualizations
- Mindful eating
- Manage food cravings



**This program has received state and national recognition.** The Back in Whack program received the 2015 Community Award from the National Association of Nutritional Professionals. This nation award is presented to programs that are making a difference in the health of our nation. The program has been recognized by the Centers of Disease Control as an effective pediatric weight management intervention. Wyoming Medicaid has utilized the Back in Whack program as a state wide treatment program for children and teens with high BMIs.

## WHERE DO WE PURCHASE THE *BACK IN WHACK FOR TEENS* WORKBOOK?

You can purchase the downloadable **PDF version** of the BiW4Teens workbook by going to <https://positivepatterns4life.com/order>. After you purchase the workbook, you will receive an email with a private link to the 27 interactive health coaching videos, free of charge.

If you want the workbook in **paperback** or **eBook**, you can find it on Amazon.com by searching ***Back in Whack for Teens*** in the book category. In the workbook, you will find a video access code. With this code, you will be able to receive the private link to the 27 interactive health coaching videos. Videos are free of charge with the purchase of any the versions of the workbook.



## WHAT'S THE FUSS ABOUT? SO MY KID HAS A HIGH BMI!

The fuss is about your child's health. Research has shown that teens and tweens with high BMI's have an increased risk for developing health conditions that can start in childhood and last a lifetime. These health conditions include:

- Asthma
- Obstructive sleep apnea
- Decreased lung capacity
- Gastroesophageal Reflux Disease
- Gallbladder disease
- Liver damage - chronic inflammation, lesions and cirrhosis of the liver
- High blood pressure
- High cholesterol and triglycerides
- Metabolic syndrome
- Type 2 diabetes
- Thickening of the heart muscle and Congestive heart failure
- Suppressed immune function
- Joint problems and joint pain – hips, knees, and ankles
- Low self-esteem
- Depression

**This is a really scary list!!** But here's the thing ... when teens and tweens take action to lower their high BMIs, the risk for all these chronic health conditions decreases. **AND** if the BMI drops low enough to get into the normal (healthy) range, these health risks can disappear.

## WHAT CAUSED MY KID'S BMI TO GET HIGH?

Energy comes from the food a teen/tween eats. The body should convert food that is eaten into energy which will be used up during the day to move and heat the body. Sometimes the energy balance gets *out of whack* and does not properly convert food that is eaten into usable energy but instead tends to store energy in excess. It is this excess stored energy that causes a teen/tween's BMI to get high.

Unhealthy eating and lifestyle habits are the most common cause of an *out of whack* energy balance. This is good news because habits can be changed. Adopting healthy lifestyle and eating habits can get an *out of whack* energy balance *back in whack*. Family genetics can be a contributing factor for some youth. Here's the good news. A nutrient dense diet combined with regular exercise can suppress the expression of obesity genes.

## IS THERE A PROGRAM THAT CAN HELP MY TEEN/TWEEN LEARN ABOUT AND ADOPT HEALTHIER LIFESTYLE AND EATING HABITS?

YES! There is a program specially designed to help teens and tweens get their energy balance *back in whack* and lower their high BMI. The program is called *Back in Whack for Teens [BiW4Teens]*. It is an EFFECTIVE, PEDIATRICIAN APPROVED, RESEARCH-BASED, WEIGHT MANAGEMENT PROGRAM designed specifically for teens and tweens. This program includes 27 interactive health coaching videos paired with a companion workbook. The videos are free with the purchase of the BiW4Teens workbook.

## DOES THE PROGRAM WORK?

YES! Teens and tweens who complete the program are successfully adopting long lasting healthier eating and lifestyle habits and lowering high BMIs. **Pediatricians have reported seeing multiple health benefits** to youth using BiW4Teens Program:

- Weight loss and/or lower BMIs
- Lowered elevated cholesterol levels
- Increased low HDL (good) cholesterol levels
- Lowered elevated liver enzymes
- Lowered elevated A1C and blood glucose levels
- Lowered blood pressure
- Successfully adopted healthier eating and lifestyle habits which support normal growth and development, plus improve overall health
- Reduced risk for developing diabetes - heart disease - certain types of cancers
- LASTLY whole families have adopted healthier eating and lifestyle habits

Here are some other **program benefits teens have reported:**

- Increased energy and stamina
- Improved gastrointestinal function and health
- Clearer smoother skin
- Improved menstrual irregularities
- Easier to concentrate and remember things
- Getting better grades in school
- Improved self-esteem and body image
- Decreased depression and anxiety
- Strengthened family relationships

Wow



## HOW IMPORTANT IS PARENTAL INVOLVEMENT?

It is difficult for youth to change health habits without the support of their parents. It is very important that parent(s) are actively involved in this program with their teen/tween. The Parents Support Pack contains information to help parents understand how they can help their teen/tween be successful during habit change.

## HOW DOES THE BIW4TEENS PROGRAM WORK?

In PART 1 **[Getting Started]** youth receive an overview of the program.

In PART 2 **[Changing Habits]** youth learn about 25 high impact health habits that have proven to help teens/tweens lower their BMI and achieve a healthier weight. Part 2 is loaded with program power tools which help youth to let go of old unhealthy habits and replace them with new healthy habits. Power tools could be called brain training tools because they help retrain your brain to like your new healthy habits and let go of old unhealthy habits. Power tools are a very important program component.

In PART 3 **[Eating Healthier]** youth receive an Individualized Nutrition Plan and lots of great nutrition information which includes how to choose healthy foods, learn serving sizes, tips for healthy cooking, planning balanced meals, putting together a healthy grocery list, shopping on a budget, ideas for healthier recipes, treasure hunts & field trips, activities to get the whole family working together in the kitchen, plus lots more.

In PART 4 **[Keep Moving Forward]** youth learn about problem solving, how to deal with path blockers, and find out how to SUCCESSFULLY launch themselves into the maintenance phase of the program.

In PART 5 **[Maintenance]** youth follow the personalized healthy lifestyle and nutrition program which they developed during parts 1 through 4. Their BMI starts dropping as new healthy habits become permanent healthy habits.

## WHAT ALL IS INCLUDED IN THE BIW4TEENS PROGRAM?

Program Components include:

- Individualized Nutrition Plan
- Nutrition Education & Training
- Food & Activity Log Plus
- Nutrition Plan Tracking Sheets
- Personalized Exercise Plan
- Healthy Lifestyle Habits
- Habit Change Training - Skills – Tools [Power Tools]
- Biw Habit Tracker with Weight Tracking
- Parents Support Pack
- Resources for Working with Your Doctor
- Discussion Guide for Parents & Teens
- Biw Habit Change Contract
- Family Activities Promote Family Partnerships
- FREE Program Completion Gift
- Access to BIW4TEENS Virtual Support Group

