

The Vicious Cycle of Overweight Children

It only takes a few extra pounds on a youngster to make his clothes feel uncomfortable, his movement restricted, and his enthusiasm for physical activity plummet. When he slows down, weight gain speeds up.

Typically, children begin gaining unnecessary weight between the ages of three and seven years. By then, they are spending a good deal of time sitting behind a desk at school. After school, they might play video or computer games, or watch several hours of television. Meanwhile, they may be eating fast food three to six times per week (the national average). With those habits, children can easily become overweight or chubby by age seven. Even so, they may not experience any physical repercussions (especially if they're under 12), except when they exert themselves during active play. Then, they are likely to become short of breath, overheated, and sweat heavily. At this point, an overweight child may begin to feel inadequate at sports or other physical activities. He participates less, leading to a more sedentary lifestyle, which exacerbates weight gain. If this vicious cycle is ignored, he could easily become chronically obese.

The Trim Kids Program addresses the vicious cycle on all fronts through nutritional changes, increased daily activity, behavior modification, and formal exercise. The families who commit to the program are claiming victory in the battle against this vicious cycle in overweight children. You can, too!

Dr. James Proodian and his TrimKids team of health professionals at Natural Healthcare Center, now offers the TrimKids Program at his practice in Long Branch. The program is designed to teach both parents and the child how they can lose weight and become healthier through Nutrition, Physical Fitness, and Self-Esteem Building. TrimKids has been hospital tested and successfully implemented in the Paramus, NJ public school system by Dr. Proodian. The program is conducted at Natural Healthcare Center's on-site Rehabilitation and Fitness Studio.



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TrimKids™



Adolescent Weight Loss Program



Childhood Obesity - *An Epidemic*



When most of today's parents were kids, there were no computers, no video games, no cable TV, and few fast food restaurants. Back then, most kids spent their days riding bikes, climbing trees, and playing tag. The family got together at dinnertime, sat at the kitchen table, and ate a home-cooked meal. Back then, only 5 to 10 percent of America's children were overweight.

Today, more than twice as many kids are overweight. That adds up to about one in four-or 10 million- children who are heavier than their ideal weight. There isn't a racial, ethnic, or age group that escapes this mind-boggling fact, and boys and girls are both affected. Obesity is thus the most prevalent nutritional disease of children and adolescents in the United States. Eighty percent of overweight ten-to thirteen-year olds will become overweight adults. The more overweight a child is, the higher his or her risk for adult obesity and type II diabetes.

The dramatic medical and emotional problems that develop when a child is overweight will follow through the teenage years and into adulthood. If you choose not to make changes while a child is still young, chances are they will suffer from several conditions, including low self-esteem, depression, isolation, asthma, diabetes, high blood pressure, high cholesterol, abnormal bone development, and sleep apnea.

What's more, the damage resulting from an overweight childhood is usually damage done; that is, it's typically irreversible, creating a lifetime of emotional and physical obstacles for your child. And that lifetime, statistically speaking, will end sooner rather than later.

TrimKids Can Help.

The TrimKids program is one of the only multidisciplinary team approaches in the world for preventing and treating childhood obesity. The short-term success rate is 90% and the long-term success rate is 65 to 70%.

The program is divided into 12 weekly three-hour sessions. Each session is divided into four sections: "**Time to Stop and Think**", provides essential background on what we'll be covering that week and behavior modification tips; "**Time to Get Active**", dealing specifically with the exercise and activity part of our program; "**Time To Eat**", containing key nutritional information, menu plans, shopping lists, and recipes; and "**Time to Sum Up**", in which parent and child evaluate the week's progress and problems. The evaluation is done by using three forms; the TrimKids Weekly Report and Goal Sheet, the TrimKids Aerobic Activity and Food Checklist, and the TrimKids Strength and Flexibility Workout Chart.



The titled weekly sessions are:

1. Ready, Set, Go!
2. Eating Meals and Snacks the TrimKids Way
3. Solving Problems Family Style
4. Monitoring Your Momentum
5. Body Basics
6. Esteem Builders
7. Success Over Stress
8. Keeping It All Together
9. Emotional Pitfalls
10. Taking Vacations and Dining Out
11. Fun Facts and Relapse Prevention
12. Reassessing, Recommitting, and Forging the Future

