

Program Includes:

- 1 on 1 intake evaluation
- Two 1 on 1 nutritional visits
- Four 1 on 1 educational visits
- Four 1 on 1 exercise visits
- 16 group exercise visits
- 16 group educational visits
- Weekly phone calls
- Pedometer
- Water bottle
- 3-ring binder with Educational materials
- T-shirt upon completion of program

health  youth



Ripon Medical Center

Connecting you with quality care.

Contact info:

HealthYouth

Ripon Medical Center

933 Newbury St

Ripon WI 54971

920-748-0524

Jamie Teuteberg MS, EP, LAT

program coordinator

jamiete@rmcnet.org

Ripon Medical Center

Connecting you with quality care.

933 Newbury St. | P.O. Box 390 | Ripon, WI



health  youth

HealthYouth

The Pediatric
Obesity
Clinic at
RMC

Connecting you with quality care.

1-920-748-0524

1-920-748-0524

How do I get into the program?

Children in the program must meet the following requirements:

- Be between ages of 6-18.
- Body Mass Index at least 80th percentile.
- Be seen by your doctor no more than 8 weeks before starting the program to get the ok to exercise!
- Get a referral to the **HealthYouth** program from your doctor.
- Do the necessary pre-program blood work.

Cost

This is a cash based program.

The full cost of the program is \$1500.

If paid in full up front, you will receive a 15% discount of \$225 making the program cost \$1225

What to expect when you are in the program?

- There will be a lot of learning... but it will all be fun!
- We have a counselor that will you will meet.
- You will have the opportunity to meet with the counselor as the HealthYouth staff sees fit.
- Learn how to exercise one on one with an athletic trainer or exercise physiologist.
- Learn about goal setting.
- Learn about nutrition and good food choices.
- The first 4 weeks of the program will be 1 on 1, after that you will join your group.
- You will stick with your group for the rest of the year!
- Your parent(s) will be asked to come along to sessions to learn as well.

Thank you to our Sponsors!!

- RMC Associates
- Foundation for Ripon Medical Center
- Alliant Energy Foundation
- Early Birds Kiwanis
- Ripon Area United Way
- Ripon Medical Center Kids Aquathon (held the eve before the RMC triathlon)

health  youth