

Getting Started

Meet our motivational team and gather information about *Up, Up And Aweigh!* during an introductory meeting. You'll learn more about the benefits of the program, fees for the program and how to enroll.

For information about introductory meetings, please call **973-754-2503**.

Did You Know?

Overweight children are at risk for:

- ◆ Diabetes
- ◆ Heart disease
- ◆ Lung disease such as Asthma & Obstructive Sleep Apnea
- ◆ Hypertension
- ◆ Strokes
- ◆ Joint disorders, especially knee stress

Up



Up Aweigh!



Up, Up and Aweigh!

A Comprehensive 16-Week
Weight Management and Healthy
Living Program for Children



The Pediatric Subspecialty Center at Fairfield

81 Two Bridges Road
Fairfield, NJ 07004

973-754-2590



A Member of St. Joseph's Healthcare System
Sponsored by the Sisters of Charity of Saint Elizabeth



Your Team **Up**

The *Up, Up And Aweigh!* team is comprised of healthcare professionals who are specially trained to care for the unique needs of children while providing support, encouragement, knowledge and inspiration. Each participating child and his or her parent(s) will receive an individualized evaluation by the following experts:

- * **A Pediatric Endocrinologist** who will evaluate participants for treatable causes or complications of being overweight
- * **A Pediatric Psychologist** who will help program participants develop enhanced self esteem and manage any complex behavioral issues
- * **A Pediatric Nutritionist** who will teach children and their parents to understand the nutritional values of foods; we'll work with you to design a food plan adapted for play, school and home that will support a healthy lifestyle
- * **A Pediatric Physiologist** who will help children understand the physiology and benefits of exercise and how to incorporate enjoyable exercise into a healthy lifestyle

Here for you

Up, Up And Aweigh! is a stimulating 16-week body image enhancement program provided by St. Joseph's Children's Hospital Pediatric Subspecialty Center at Fairfield. The program offers **FUN** and **CREATIVE** ways to...

- * Modify eating behaviors
- * Control meal portions and learn more about delicious healthy meals and snacks
- * Read food labels and participate in physical activity that can be done ANYTIME and ANYWHERE
- * Recognize and implement ideas for smart food shopping that are both healthy and cost-saving

Aweigh



Let's get fit!
Let's get healthy!
Let's get active!

Directions to Pediatric Subspecialty Center at Fairfield

St. Joseph's Children's Hospital
81 Two Bridges Road
Fairfield, NJ 07004
973-569-6370

FROM ROUTE 80 WEST

Take I-80 West. Take Exit 52 toward Lincoln Park/Fairfield/The Caldwell. Turn slight right onto Lane Road. Turn left onto Two Bridges Road. Building entrance is on the left. Edgewater Commons Complex Site. Practice located in Building Two, first floor.

FROM ROUTE 80 EAST

Take I-80 East. Merge onto US-46 East via Exit 47B toward The Caldwell/Montclair. Take the Passaic Avenue ramp toward Two Bridges Road/Lincoln Park/The Caldwell. Turn left onto Passaic Avenue. Passaic Avenue Becomes Two Bridges Road. Building entrance is on the left. Edgewater Commons Complex Site. Practice located in Building Two, first floor.

FROM ROUTE 46 WEST

Take US-46 West. Take the Passaic Avenue exit Lincoln Park/Fairfield/The Caldwell. Turn right onto Passaic Avenue. Passaic Avenue becomes Two Bridges Road. Building entrance is on the left. Edgewater Commons Complex Site. Practice located in Building Two, first floor.

FROM ROUTE 46 EAST

Take US-46 East. Take the Passaic Avenue exit Lincoln Park/The Caldwell. Turn left onto Passaic Avenue. Passaic Avenue becomes Two Bridges Road. Building entrance is on the left. Edgewater Commons Complex Site. Practice located in Building Two, first floor.

