



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACT!

Actively Changing Together

YOUTH WEIGHT MANAGEMENT

Created in partnership with Hamilton Pediatric Associates and funded in part by Janssen Pharmaceuticals, ACT! is an intense, 16-session program designed to provide young people between the ages of 8 - 17 with the tools needed to start on the path to healthy living. Developed by Y trainers and nutritionists, ACT! promotes healthier living by combining structured physical activity with lessons in nutrition for the entire family. ACT! is led by a certified personal trainer and licensed nutritionist.

For more information, contact the Healthy Living Department at 609.581.9622 ext. 132 or prevention@hamiltonymca.org

Hamilton Area YMCA

1315 Whitehorse-Mercerville Road

Hamilton, NJ 08619

hamiltonymca.org 609.581.9622



ACT! Philosophy

To implement healthy lifestyle habits by building on the strength of the family with an emphasis on prevention of chronic diseases and health conditions associated with being overweight or obese.

ACT! Goals

- To improve the knowledge of nutrition, food, weight management principles and diet/exercise behaviors.
- Implementation of Healthy Lifestyle habits by building the skills and education necessary to make choices that support a healthy lifestyle.
- Guide the behavioral changes necessary for accepting the responsibility for a Healthy Lifestyle.
- Emphasize that “healthy eating and daily exercise” is not a “diet or routine”, but instead a lifestyle change that is achieved through a gradual adoption of moderate food intake that provides essential nutrients based on recommended dietary allowances.
- Improvement in abnormal health parameters, such as weight loss/fat loss, blood pressure, glucose levels, etc.

ACT! Outcomes

The proposed outcome of improvement for each participant includes:

- Body Composition Testing (including BMI):
- Flexibility Testing
- Cardiovascular Testing
- Strength Testing

ACT! Schedule of Offerings

Monday and Thursday 5:30 – 6:30 p.m.

Monday and Thursday 7:30 – 8:30 p.m.

Tuesday and Thursday 7:30 – 8:30 p.m.