



Weigh of Life

An interactive 4 week class for keiki and their entire family

What is Weigh of Life?

Weigh of Life is a class for children ages 8-12 whose families are serious about becoming a healthy family and focus on managing weight together. Our program is designed to help families embrace healthy eating, improve fitness and learn ways to make healthy choices at home or while dining out.

You will:

- ◆ Cook, create and taste healthy foods
- ◆ Try fun ways to be more active
- ◆ Meet others who are interested in becoming healthy like you!
- ◆ Create a positive change at home that can improve health and fitness for your family.



WANT TO LEARN MORE?

CONTACT:

Tabitha Zamarripa, NKFH Dietitian:

808-638-1357

Stephanie Locke, Youth Coordinator:

808-589-5908



National **Kidney** Foundation®
of Hawaii

© 2015 National Kidney Foundation of Hawaii. All Rights Reserved