

# Kids Healthy

## Lifestyle Program

### THIS PROGRAM WILL...

- Assist children with overweight or obese conditions to attain improved well-being and a healthy lifestyle.
- Assist children without known weight issues to enhance overall wellness.
- Assist families of children with unhealthy lifestyle tendencies to understand the importance of activity & nutrition, as well as, assist in implementation of family lifestyle changes for overall health.

#### HEALTHY EATING



#### ACTIVITY



#### LIFESTYLE CHANGES



LEAD BY PHYSICAL THERAPISTS, FITNESS EXPERTS AND DIETICIANS  
TO ENCOURAGE HEALTHY EATING HABITS  
& HEALTHY ACTIVITY LEVELS FOR CHILDREN AND FAMILIES...

**Program runs year-round with new programs enrolling every 6 weeks.**

This program meets 2x per week for 6 weeks (after school) at  
**Northeast Rehabilitation Hospital**  
70 Butler Street • Salem, NH

To make a referral or for more information call (603) 681-3230.  
*This program requires a Physician Referral & Physical Therapy  
Evaluation / Follow Up Visit (billed through your insurance).  
Cost is \$120 for each six week session and applicable co-pays  
for PT Evaluation / Follow Up.*

Visit [www.northeastrehab.com](http://www.northeastrehab.com) for a complete listing of  
pediatrics programs and services.

