



Healthy Habits

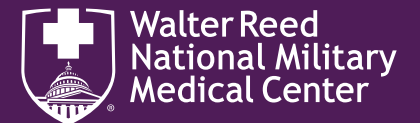
Changes for life.

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What is Healthy Habits?

Healthy Habits is an exercise and educational support group hosted by the Pediatric Department. We aim to help combat childhood overweight and obesity in a way that is fun and informative for children and their families. Our experienced staff of pediatric specialists consists of general pediatricians, adolescent medicine providers, pediatric endocrinologists, registered dietitians, health psychologists, nurses, exercise specialists, and diabetes educators.

Healthy Habits is held on the second Wednesday of each month. An initial session is held for all newcomers in the morning and a monthly follow up meeting in the afternoon. Newcomers have the option to participate in the monthly follow up meeting after

their initial session or return on the second Wednesday of the next month.

Initial Session

The initial session is from 7:30-11:30 am. It includes program orientation, screening tests and bloodwork, healthy breakfast, and an initial comprehensive medical exam. We will help you evaluate your whole health and identify habits for change to support a healthy life. A family approach to habit change is emphasized in order to create a supportive and caring environment. Realistic and obtainable initial health goals are set by participants and families are encouraged to attend our monthly follow up meetings.

Monthly Follow Up

Each monthly follow up, from 12:45-3:00 pm, we hold an exercise and group learning meeting at the base gym (Building 17). During this meeting, we introduce new and interesting group exercises to demonstrate that exercise can be accessible, entertaining and rewarding. A new Healthy Habits topic is covered and body metrics are tracked. Prizes are given, and a nurturing and supportive atmosphere is fostered with a focus on helping families troubleshoot their goals to support sustained healthy habit change.



Who Can Participate?

The Healthy Habits program is designed for children ages 6-18 who would benefit from additional support towards reaching and maintaining healthier habits and healthy weight along with their families. Although the focus is on the child, the program is an all-inclusive effort to help the entire family become healthier. Healthy Habits are changes for life!

How Can I Join?

If you are interested in this fun and unique program, ask your primary care manager (PCM) for a referral or call 301-295-4959.

