

MEND – Where Families get Fit and Healthier Together



MEND (Mind, Exercise, Nutrition...Do It!) is a **FREE**, fun, healthy living program for children aged 7-13 and their families. It is a 10 week family-based education program designed to help children and their families get fitter, healthier and happier. The program facilitates safe, effective and lasting lifestyle changes by improving children's physical activity levels, nutrition and self-esteem.

Families take part in fun 2-hour sessions twice a week for 10 weeks that combine active living (physical exercise), healthy eating and behaviour change. The first hour is interactive discussions and activities about nutrition and behaviour change for the family. The second hour involves continued discussion for the parents while the children engage in fun, physical activities. By attending MEND:

- Families learn about all aspects of nutrition, including how to make healthy food choices.
- They learn how to read food labels, understand fats and sugars and the difference between refined and unrefined foods and how to prepare a healthy balanced meal.
- They learn how to change their eating and exercise habits through mind exercises such as setting goals and rewards and how being active can be fun.

MEND is about empowering children and their families, and uses a practical interactive learning approach to teach children and parents skills for healthy living.

MEND was developed and tested by some of the UK's leading experts in child nutrition, child behaviour and exercise. In 2011, MEND was adapted to align with Canadian dietary and policy guidelines.

Children love this program because they have so much fun, it is engaging, and they make life-long friends. Parents enjoy it because they gain the skills to help their children make healthier choices for life.

Spring Session Dates: Wednesdays 6 – 8pm and Saturdays 1 – 3pm from April 19 to June 17

Location: City Centre Community Centre – 5900 Minoru Blvd, Richmond, BC

Please contact: Helen Kwan at 604-204-8574 or email MEND@richmond.ca

