



A New Discount Program Helps Kids Get Moving

ACTIVE CHILDREN ARE HEALTHIER CHILDREN

Kids need to move to grow and be healthy. But today's lifestyle—full of carpooling, computers, video games, television, and other sedentary pursuits—has contributed to an increase in overweight kids.

Over the past 30 years, the prevalence of overweight has nearly quadrupled among children between the ages of 6 and 11 and nearly tripled among children between 12 and 19, according to statistics from the Centers for Disease Control and Prevention.

To help our young members become physically more active and work toward a healthy weight, Tufts Health Plan is now offering a discounted youth fitness program just for them.

Fitness and nutrition program

The CATZ Kids Fitness Program offered at Catz Sports, in conjunction with Lifestyle Management, is a 12-week fitness and nutrition program for children between the ages of 7 and 10.

Groups of 8 to 10 children are guided by a certified CATZ coach through a series of exercises, games, and interactive nutritional lessons developed by Dr. Jane Pentz designed to focus kids on making healthy lifestyle choices.

One-hour classes are held twice a week for a total of 24 sessions.

Parents meet with program staff every two weeks to discuss their child's progress and how they can help the child at home. There is pre- and post-assessment for each child in the program to measure improvements.

Benefits of the program

The CATZ Kids Fitness Program is designed to provide a positive experience for young people that will help motivate them to continue to be physically active and fit.

Coaches help children become more coordinated and athletic

to help strengthen their interest in other sports activities.

Nutrition classes, occasional take-home work, and engagement with parents and other family members are all designed to help children learn to make healthy food choices.

Call for more information

This discount program is available to all Tufts Health Plan members. For more information, contact a Tufts Health Plan member services coordinator or visit our Web site at www.tuftshealthplan.com. Or call CATZ directly at 1-781-449-2289 or e-mail info.ma@catzsports.com.

