

# Sign Up Today!

Child's name \_\_\_\_\_

Nickname \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Parent's name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email (Parent) \_\_\_\_\_

Email (Child) \_\_\_\_\_

Child's height \_\_\_\_\_ Child's weight \_\_\_\_\_

Ht % \_\_\_\_\_ Wt % \_\_\_\_\_

BMI \_\_\_\_\_ BMI % \_\_\_\_\_

*\*We will check these at the meeting.*

Child's Doctor \_\_\_\_\_

Address \_\_\_\_\_

Does your child have health insurance? \_\_\_\_\_

Who else lives at home with you? \_\_\_\_\_

Emergency Contact and Phone \_\_\_\_\_

*continue to other side*

"Trim Kids has allowed me to lose the weight that I have struggled with my whole life. It has made me more confident and helped me prove that once I put my mind to a goal, I will achieve it! This program has made a huge difference with my whole family. We eat healthier, with each member of the family losing or maintaining their weight. It truly reflects how important a healthy lifestyle is. Make up your mind, do the work, and



you will succeed! Without Trim Kids, I do not know where or who I would be today. It has improved my quality of life, and for that I am forever grateful."—Patsy Bratton

**Please mail this application with the \$30 fee to:**

**Trim Kids Coordinator**  
YMCA of Greater Des Moines  
12493 University Avenue  
Clive, IA 50325  
(515) 645-3340  
www.healthym.com  
healthym@dmymca.org

A cooperative effort from the



The following generously support this program:  
Ankeny Community Schools, Dallas County Empowerment,  
Des Moines Public Schools, Iowa State University Extension,  
Polk County Health Department, United Way of Central Iowa,  
Waukee Community Schools, West Des Moines Community Schools,  
The Wellmark Foundation

**Financial assistance is available.**



Building healthy kids,  
healthy families, and  
healthy communities



# Trim Kids

The Trim Kids program gives parents and their children, ages 5-18, a healthy foundation for lifetime weight and physical activity management.

The parents and children practice ways of increasing their daily activity and learning how to plan daily menus with nutritious kid-tested recipes.

Psychological issues like peer pressure, bullying, and self-esteem are discussed in a confidential, supportive group environment.



### YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



### Requirements

- Children, ages 5-18, that are overweight or are at risk for becoming overweight
- A supportive Parent or Guardian, who lives in the home, that will attend each weekly meeting with the child
- A supportive, involved family that is committed to a healthier lifestyle
- Active participation in weekly homework

### Support of your Doctor

Weight problems are chronic medical conditions that require the support and assistance of your child's doctor. It is strongly recommended, although not mandatory, that you have your doctor's permission to participate in the Trim Kids program.

Check out [www.mypyramid.gov](http://www.mypyramid.gov).



Child's medications

\_\_\_\_\_

Allergies \_\_\_\_\_

Food Allergies \_\_\_\_\_

Does your child have any health problems? N Y

If yes, please explain \_\_\_\_\_

What health problems run in the family?

What else do you want us to know?

Why do you want your child to enroll?

Where did you hear about this program?

\_\_\_ School \_\_\_ Media \_\_\_ Doctor

\_\_\_ Friend \_\_\_ Other \_\_\_\_\_

**Your child is most likely to succeed with your solid support and participation. Are you ready to make changes and committed to helping your child and your family be more fit and healthy?**

Signature(s)

~Application does not guarantee enrollment in the program.