



Department of Pediatrics

Pediatric Specialty Group  
Ambulatory Care Center Building, 5<sup>th</sup> floor

## The Nutrition & Fitness for Life Program

Be Active. Be Fit. You can do it.

The Nutrition and Fitness for Life Program will help you to choose healthier foods & to be more active so you can be fit, feel great, and have plenty of fun with your friends and family!

### At-a-Glance

#### 1<sup>st</sup> Appointment

- We will call you to schedule your first appointment
- You & your family will meet with the team behaviorist to determine if this program is a good fit
- Your next visit will be with a team physician & nutritionist
- After this, you will attend either individual appointments OR group sessions

#### Individual Appointments

- Once per month, for 8-visit
- Our team of physicians, nutritionists, behaviorists, & coordinators will help you to develop a personalized action plan

#### Group Sessions

- Once a week, for 8-weeks
- Our team's behaviorists & nutritionists will support you & your family in exploring healthier food choices & activities

#### Fun in the Kitchen

- For you & your family
- Led by a team nutritionist
- Learn how to prepare healthy, tasty, & practical snacks and dishes

#### Fitness Sessions

- Weekly sessions, on- & off-site
- Led by team fitness counselors
- Aerobics, resistance training, games, & fun

#### Additional Services

- Social services
- Interpreter services
- Transportation assistance
- Links to community resources
- Referrals to other services

#### Schedule

Appointments	Afternoon	Evening
Individual	Yes	Yes
Group		Yes
Fun in the Kitchen		Yes
Fitness Sessions	Yes	Yes

#### Tips for success!

- Put your plan into action!
- Involve your family
- Attend all of your appointments & sessions
- Be on-time

We'll give you a reminder call the night before, but it's your job to be on-time.

If you need to reschedule or cancel an appointment, a *Fun in the Kitchen* session, or a fitness session, please call us at least 3-days ahead of time at (617)-414-6876.

### *Who's on the team?*

The most important members of the team are you & your family.

Other members of the team who will help you to develop your action plan include:

#### ✓ Nutritionists

Vivien Morris

Laura Wroblewski

#### ✓ Physicians

Carine Lenders

Lakshmi Kolagotla

Pooja Tandon

#### ✓ Behaviorist

Shaheen Lakhani

#### ✓ Coordinators

Gita Rao

Rishi Shukla

### *Insurance, Costs, & Transportation*

If you have questions or just want to say hello, please feel free to call us. We want this to be as enjoyable & rewarding as possible for you & your family!

We accept all major insurance plans, including MassHealth. The Fun in the Kitchen sessions & the fitness sessions are offered free of charge. If you need help with transportation, please let us know—we will do our best to help you.

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*Please feel free to contact us if you have any questions.*

*To schedule an appointment, please have your primary care physician's office call the number listed below. A referral is required.*

Phone: (617)-414-6876

Fax: (617)-414-4209