

Shapedown BC Program in Chinese 卑詩省塑身健體華語計劃



The **Shapedown BC** program helps children, teens and their families to achieve healthy weights through healthy living. The program has been at BC Children's Hospital since 2006. Now, we are offering this program in Cantonese and Mandarin in Richmond.

[卑詩省塑身健體計劃] 透過健康生活，幫助兒童、青少年和其家人達致健康的體重。這計劃從二零零六年起已在卑詩省兒童醫院舉行，現在也將於列治文用廣東話和普通話舉行。

HOW? 如何進行?

Shapedown BC has a doctor, dietitian, counsellor and exercise specialist who help families to make positive changes in food, activity, parenting skills and self-esteem.

Shapedown BC 是由醫生、營養師、心理專家和運動專家負責。他們幫助參加的家庭，在飲食、活動、教養子女技巧和自尊感方面，作出積極改變。

WHAT HAPPENS IN THIS PROGRAM? 這計劃包括哪些活動?

THERE ARE NO DIETS! 不用節食!

- ✓ Comprehensive assessment and feedback sessions with the Shapedown team
- ✓ 10 week group program, 2 sessions per week:
 - One 2 hour evening session with a 30 minute activity session for the children
 - One hour family fun activity session on the weekend
- ✓ Shapedown 團隊會提供全面評估及跟進/策劃護理
- ✓ 為期十個星期的小組活動，每星期有兩次聚會：
 - 一次晚間聚會，為時兩小時，其中三十分鐘為兒童/青少年的活動時間
 - 週末有一個一小時的家庭活動同樂日

HOW DO I JOIN? 如何參與?

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|--------------------------------------|---|
| ✓ 您子女在6-17歲之間 | ✓ Your child is between 6-17 years old |
| ✓ 您子女正處於不健康的體重
{ 體重指數/BMI > 85% } | ✓ Your child is at an unhealthy weight
(BMI >85%) |
| ✓ 父母與子女必須一同參與這計劃 | ✓ Both parents and children must participate together |
| ✓ 您需要醫生的轉介 | ✓ You need a doctor's referral |

THERE IS NO COST TO YOU FOR THIS PROGRAM 這計劃是完全不用付費的

For more information, please contact :

如需更多資料，請與我們聯絡：

Shapedown BC Program in Chinese

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