



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

Dear Clinician:

\_\_\_\_\_ is eligible  
for enrollment in YMCA Healthy Weight and Your Child (HWYC).

Healthy Weight and Your Child is an evidence-based lifestyle change intervention to address childhood obesity for children (ages 7-13), with a body mass index of 95<sup>th</sup> percentile or higher and their families. This weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to achieve a healthy weight.

By completing the form below, you are not assuming any responsibility for our administration of the moderate and vigorous physical activity components of the program. If you know of any medical or other reasons why participation in the YMCA Healthy Weight and Your Child by the child would be ill-advised, please indicate so on this form.

If you have any questions about the YMCA Healthy Weight and Your Child Program, please contact the program coordinator, Kristen McGlynn, at [kmcglynn@westcookymca.org](mailto:kmcglynn@westcookymca.org) or (708) 434-3208. Please complete the below information and fax to Kristen at 708-400-7948. Our fax line is secure and complies with HIPAA regulations.

**Report of Clinician**

- I know of no reason why the child may not participant
- I know the child can participant, but urge caution because

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- The child should not engage in

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- I recommend the child NOT participate

Clinician signature \_\_\_\_\_ Date \_\_\_\_\_

Name (printed) \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

City and State \_\_\_\_\_ Zip \_\_\_\_\_