



***FAST***

***FIT AND STRONG TOGETHER***

**Weight and Nutrition Programs  
for Children and Adolescents  
in The Greater Corning Area**

# Programs

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**5 or more servings of fruits & vegetables**  
**2 hours or less recreational screen time**  
**1 hour or more of physical activity**  
**0 sugary drinks, more water & low fat milk**

## 5 fruits and vegetables

- Try to keep a bowl of fruit on the counter
- Serve low-fat dips with veggies
- Let your kids be “produce pickers” at the store

## 2 hours or less of recreational screen time

- Avoid having TV on at meal time
- Keep TV out of the bedroom
- Play video games that make you get up and move

## 1 hour or more of physical activity

- Try exercise DVD’s and workouts on TV
- Jog a little during your walk
- Always take the stairs

## 0 sugary Drinks

- Choose Water
  - Change slowly from Whole milk to 1% or Skim
  - Dilute fruit juice with water
  - Children need 2-3 glasses of milk a day for strong bones
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**HealthWorks Wellness & Fitness Center**  
**9768 Liberty Drive**  
**Painted Post, NY 14870**



Fitness Center: 607-937-5555  
Nutrition Services: 607-937-4800  
Diabetes Education Services: 607-937-4800  
Weight Management Program: 607-937-5555

Program: Weight Management  
Address: 9768 Liberty Drive, Painted Post, NY 14870  
Phone #: 607-937-5555  
Contact Person: Jody Howell (Exercise Physiologist)  
Insurance accepted: No  
Group or individual: Individual  
When offered: 3x / year  
Cost: \$50 members / \$150 non-members

Program: Medical Nutrition Therapy  
Address: 9768 Liberty Drive, Painted Post, NY 14870  
Phone #: 607-937-4800  
Contact Person: Ivy Babcock, RD  
Insurance accepted: Yes (depends on individual insurance coverage)  
Group or individual: Individual  
When offered: Monday – Friday 9:00 AM – 5:30 PM

Program: Diabetes Education and Support Group  
Address: 9768 Liberty Drive, Painted Post, NY 14870  
Phone #: 607-937-4800  
Contact Person: Meredith Soyster, RN  
Insurance accepted: Yes (depends on individual insurance coverage)  
Group or individual: Both  
When offered: Monday's and Friday's 8:00 AM – 4:30 PM

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Fitness Center: 607-937-5555  
Nutrition Services: 607-937-4800  
Diabetes Education Services: 607-937-4800  
Weight Management Program: 607-937-5555

Program:	Fitness Services
Address	9768 Liberty Drive, Painted Post, NY 14870
Phone #	607-937-5555
Contact Person	Front Desk
Insurance accepted	Workers Comp; private pay
Group or individual	Individual
When offered	Monday – Friday 5:30 AM – 9:30 PM Sat / Sun 7:00 AM – 3:00 PM
Cost:	Contact 937-5555 for individual, spouse, student fees Free Babysitting Sitting Services available during specified hours

Program:	Swim Lessons
Address	9768 Liberty Drive, Painted Post, NY 14870
Phone #	607 937-5555
Contact Person	Holli Childs
Insurance accepted	No
Group or individual	Individual
When offered	3x / year
Cost	\$40 member / \$80 non-member

**Corning Community YMCA**  
**127 Centerway**  
**Corning, NY 14830**  
**607-936-4836**

Contact: Susan O'Leary, CEO  
Kristy Bartenstein,  
Youth and Family Director



The Corning YMCA offers memberships in several categories, from youth to seniors. No child is ever turned away due to an inability to pay the membership fee. Last year the YMCA invested almost \$150,000 in scholarships.

The YMCA offers daily programs for youth in conjunction with the BOOST program, an after school enrichment program open from 3:00 PM – 6:30 PM weekdays during the school year. BOOST is also available summers and when school is not in session from 8:30 AM – 5:30 PM.

The YMCA also offers youth swim lessons, sports programs in basketball, soccer and baseball and daily "tween fit" programs (for youth 8-13) in yoga, indoor cycling, cardio and function fitness classes.

Healthy Lifestyles for Kids meets weekly to share information about nutritious food choices and tips on staying active.

Information is available on our website: [www.corningymca.org](http://www.corningymca.org)

The YMCA-USA also sponsors a program called Healthy Family Home. This is a resource full of helpful information, tips, and tools to support adults and families in their efforts to practice the art and science of healthy living. That website is: [www.Ymca.net/healthy-family-home](http://www.Ymca.net/healthy-family-home)

# Programs

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## **Fit families In The Southern Tier (FFIST)**

A local program for overweight children, adolescents & their families

### **Location**

Ernie Davis Community Center  
Corner of 5th & Baldwin Street  
Elmira, NY 14901

### **What is FFIST?**

A local program for overweight children, adolescents and their families. The focus is on nutrition & lifestyle modification to promote weight loss.

### **Who Can Enroll?**

Children and adolescents from ages 6 to 17 years, who are overweight and have been medically cleared by their physicians. Parent/caregiver involvement is a must!

### **How Do I Enroll My Child in FFIST?**

Contact Southern Tier Pediatrics if you are interested in participating by calling 607-734-2264. A medical clearance by your physician is necessary.

### **Spring 2011 Session**

FFIST is a eight week program starting Tuesday, April 5 – Tuesday, May 24  
Time 6:00 PM – 7:30 PM

### **How Much Does It Cost?**

A fee of \$15.00 will be asked to cover instructional materials. The main cost is TIME commitment!

FFIST is a collaborative endeavor of the following individual/organizations:

- Economic Opportunity Program
- Local Fitness Consultants
- Local Nutritionist
- Southern Tier Pediatrics

FFIST is based on the “Trim Kids” book and fitness program.

Program: Weight Watchers  
Address  
Phone #  
Contact Person Janice Swett  
Insurance accepted No  
Group or individual Individual  
Focus of program Steady weight loss in a healthy way  
Length of program Indefinite  
When offered year round  
Eligibility Requirements None  
Enrollment Online  
Cost:

Program: Snap Fitness  
Address 82 West Market, Corning, NY  
Phone # (607) 973-2888  
Contact Person  
Insurance accepted  
Group or individual  
Focus of program Personal Fitness, Yoga, Zumba  
Length of program  
When offered  
Eligibility Requirements  
Enrollment  
Cost:  
Website: [www.snapstudiocorning.com](http://www.snapstudiocorning.com)

## Clubs and Organizations for Active Kids

Three Treasures Martial Arts

[www.3tma.com](http://www.3tma.com)

Finger Lakes Runners Club

[www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)

Wineglass Running Club

[www.wineglassrunningclub.com](http://www.wineglassrunningclub.com)

Catharine Valley Trail

[www.catharinevalleytrail.org](http://www.catharinevalleytrail.org)

Friends of the Chemung River Watershed

[www.chemungriverfriends.org](http://www.chemungriverfriends.org)

Corning Parks and Recreation

[www.cityofcorning.com](http://www.cityofcorning.com)

click on "departments" and then click on "Parks and Rec"

