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

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
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 form 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.
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<thead>
<tr>
<th>Program:</th>
<th>Weight Watchers</th>
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<tbody>
<tr>
<td>Address</td>
<td></td>
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<tr>
<td>Phone #</td>
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<tr>
<td>Contact Person</td>
<td>Janice Swett</td>
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<tr>
<td>Insurance accepted</td>
<td>No</td>
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<tr>
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<td>Focus of program</td>
<td>Steady weight loss in a healthy way</td>
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<td>Length of program</td>
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<td>When offered</td>
<td>year round</td>
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<td>Eligibility Requirements</td>
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<tr>
<td>Enrollment</td>
<td>Online</td>
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<tr>
<td>Cost:</td>
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<thead>
<tr>
<th>Program:</th>
<th>Snap Fitness</th>
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<tbody>
<tr>
<td>Address</td>
<td>82 West Market, Corning, NY</td>
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<tr>
<td>Phone #</td>
<td>(607) 973-2888</td>
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<td>Contact Person</td>
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<tr>
<td>Focus of program</td>
<td>Personal Fitness, Yoga, Zumba</td>
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<td>Length of program</td>
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<td>When offered</td>
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<td>Eligibility Requirements</td>
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<td>Cost:</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.snapstudiocorning.com">www.snapstudiocorning.com</a></td>
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Clubs and Organizations for Active Kids

Three Treasures Martial Arts  
www.3tma.com

Finger Lakes Runners Club  
www.fingerlakesrunners.org

Wineglass Running Club  
www.wineglassrunningclub.com

Catharine Valley Trail  
www.catharinevalleytrail.org

Friends of the Chemung River Watershed  
www.chemungriverfriends.org

Corning Parks and Recreation  
www.cityofcorning.com  
  click on “departments” and then click on “Parks and Rec”