

The Proven 12-Week Plan That Has Helped
Thousands of Children Achieve a Healthier Weight

Trim Kids™



- Scientifically tested
- Includes shopping lists, meal plans, and kid-tested recipes—everything you need
- Strategies that really work to end power struggles over food
- Exercise activities designed with kids in mind

Melinda S. Sothorn, Ph.D., M.Ed., C.E.P., T. Kristian von Almen, Ph.D.,
and Heidi Schumacher, R.D., L.D.N., C.D.E.

CONTENTS

<i>Acknowledgments</i>	ix
<i>Foreword</i>	x
<i>Introduction</i>	xii

Part One: Setting the Stage for Success

1. Is My Child Overweight?	2
2. Embracing the Elements	11
3. Gearing Up and Getting Started	18
4. From Fattening to Fulfilling Foods	29
5. Encouraging Physical Activity: Let the Children Play!	42
6. Making Behavioral and Lifestyle Changes	64

Part Two: The Trim Kids Twelve-Week Program

Week 1: Ready, Set, Go!	80
Week 2: Eating Meals and Snacks the Trim Kids Way	106
Week 3: Solving Problems Family Style	143
Week 4: Monitoring Your Momentum	177

Week 5: Body Basics	198
Week 6: Esteem Builders	227
Week 7: Success Over Stress	253
Week 8: Keeping It All Together	283
Week 9: Emotional Pitfalls	307
Week 10: Taking Vacations and Dining Out	327
Week 11: Fun Facts and Relapse Prevention	352
Week 12: Reassessing, Recommitting, and Forging the Future	367
 Appendix: Forms You'll Need	383
<i>Form 1:</i> TRIM KIDS WEEKLY REPORT AND GOAL SHEET	384
<i>Form 2:</i> TRIM KIDS AEROBIC ACTIVITY AND FOOD CHECKLIST	386
<i>Form 3:</i> TRIM KIDS STRENGTH AND FLEXIBILITY WORKOUT CHART	388
<i>Form 4:</i> FORM LETTER—REQUEST TO LIMIT PHYSICAL ACTIVITIES	392
 <i>Index</i>	393