

THE PROBLEM

One in every 4 children in Orange County is overweight, a near doubling over the last twenty years. Obesity affects at least 150,000 children in our region.

AN “EPIDEMIC” IN AMERICA

More and more kids are being diagnosed with illnesses that were not seen until adulthood such as so-called adult onset or type 2 diabetes, high blood pressure and high cholesterol.

Only 1% of children are meeting all of the dietary guidelines. This is the most inactive generation in history. Childhood obesity contributes to asthma, menstrual irregularities, depression and low self-esteem. The latter being most common and often the most serious lingering into adulthood.

THE SOLUTION

POWERPLAYMD-OC is committed to provide a solution to a growing and serious problem that threatens our children’s futures and society. By addressing the issue with children and their families, the risk of obesity and its related comorbidities into adulthood can be reduced.

OUR MISSION

Our Mission is to empower children and parents in Orange County to **P.L.A.Y.**

Promote Lean Active Youth

Our goal is to lay open to our communities, the statistics, facts and consequences that surround childhood obesity while offering practical immediate solutions to this epidemic.

WHAT TO EXPECT



The program involves weekly 2-3 hour sessions, usually on Saturdays or after-hours, for 8 weeks.

The first half of each session consists of practical and entertaining education tools that will expose your child to nutritional and behavioral changes.

The second half is dedicated to a unique and comprehensive fitness training curriculum. Your child may as an option participate in extra fitness sessions 3 times a week, after hours.

Upon completion of the 2 month program, parents and youth will continue in our Maintenance Programs designed to reinforce the core education acquired during **POWERPLAYMD-OC** sessions.



MEDICAL DIRECTOR



Our **Pediatrician** is Dr. Alberto Gedissman, MD, MMM, FAAP, whose priority is first and foremost the kids. After many years in practice and advocacy for children, he has pioneered this program in Orange County, after the successful model created by Dr. Lydie Hazan in Los Angeles, CA.

With a team made of a child psychologist, registered dietitians and fitness trainers this program sets to accomplish success in the reduction of childhood obesity and its associated medical and social consequences.

**POWERPLAYMD-OC is fully
tax deductible**



www.powerplaymd.com
www.leankids.net

As featured in The Orange County Register, Cox TV, Univision and others



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**PEDIATRIC WEIGHT
MANAGEMENT**



THE POWER TO:

Promote **L**ean **A**ctive **Y**outh

