

# General Wellness Resources



<b>American Academy of Pediatrics</b>	
<a href="#"><u>AAP Institute for Healthy Childhood Weight: Parent and Patient Resources</u></a>	List of resources for education and engagement regarding childhood weight. Visit AAP's parent website HealthyChildren.org for more information.
<a href="#"><u>Healthychildren.org Healthy Active Living for Families</u></a>	Healthy Active Living for Families (HALF) is a program of the American Academy of Pediatrics (AAP). The goal of the project is to partner with parents to encourage healthy habits right from the start.
<a href="#"><u>AAP Healthy Growth App</u></a> (search in app store)	Provides families with tools and resources for healthy activity living for young children.
<b>Screen Time Guidance</b>	
<a href="#"><u>Common Sense Media: commonsensemedia.org</u></a>	Great resources to help guide kids to safe media and screen time selections.
<a href="#"><u>Healthychildren.org Family Media Plan</u></a>	An online tool to create a Family Media Plan can help you and your children set media priorities that matter most to your family. Come back to revise your plan at the beginning of each school year or during summer and holiday breaks.
<a href="#"><u>Digital Parenting: AT&amp;T ScreenReady</u></a>	Questionnaire to see if your child is ready for their first cell phone.
<b>Healthy Eating and Cooking</b>	
<a href="#"><u>CCHMC Better Health and Nutrition Healthy Eating and Fitness Videos</u></a>	Cincinnati Children's playlist of videos to build healthy eating and activity habits.
<a href="#"><u>Cooking Matters: Cookingmatters.org</u></a>	Excellent resources for cooking in the kitchen with kids, cooking on a budget, and more!
<a href="#"><u>ChopChop Family chopchopfamily.org</u></a>	Educational source for recipes and cooking instructions with children to create healthy minds and bodies, great memories, and nourished families
<b>TriHealth Fitness and Health Pavilion</b>	
<a href="#"><u>TriHealth Medical Integration and Healthy Living Programs</u></a>	Includes: Healthy Living Workshops, Cooking Demonstrations
<a href="#"><u>TriHealth Teens In Training Program</u></a>	Ages 13yo+, four 30-minute sessions led by a fitness professional Cost: \$75 513-246-2645
<a href="#"><u>TriHealth Dietitian: Kristy Becker, RDN, LD</u></a>	Book appointment: 513-246-2669
<b>Private Dietician</b>	
<a href="#"><u>Whitney Rich RD, LD, CEDS</u></a>	Registered Dietitian and Certified Eating Disorder Specialist Cincinnati office: 2010 Madison Avenue #200 Florence, KY office: 7000 Houston Road Suite 16 Also offers virtual appointments. Contact: <a href="https://whitney-rich.clientsecure.me">https://whitney-rich.clientsecure.me</a> OR whitneyrichrd@gmail.com

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<b>Physical Activity</b>	
<a href="#"><u>Planet Fitness</u></a>	Free summer membership for teens 14-19 years old, starts May 13.
<a href="#"><u>YMCA of Greater Cincinnati</u></a>	Wide array of programs and locations. Financial assistance available for those that qualify.
<a href="#"><u>Cincinnati Recreation Commission Parks &amp; Recreation</u></a>	Multiple opportunities for sports, camps, and community pools. Club CRC: June 5 - August 11, drop-in program where activities and lunch are provided. Visit <a href="http://cincyrec.org">cincyrec.org</a> for more information.

Scan the code below to download a copy of this resource.

