

Healthy Eating and Lifestyle Program

The Surgeon General Reports:

The prevalence of overweight children and adolescents has nearly tripled in the past two decades.

We can do this together...

HELP's primary goal is to encourage the adoption of healthy eating patterns and physical activity habits.

HELP...

An educational weight loss program to decrease children's risk for hypertension, diabetes, high cholesterol, heart disease, etc...

www.healthyeatinglifestyles.com

www.askdrjudy.com

Healthy Eating Loses Pounds

HELP is a group experience that is supportive and educational for both parent and child. We meet weekly for 6 weeks. HELP's session planner consists of:

- Weekly weigh-ins and review of previous week
- Review of diet and sample meal plan
- Age appropriate exercise regimen
- Appropriate grocery shopping, label reading, school lunches and snacks
- Emotional eating concerns, body image issues, binge eating
- Everyday life challenges including how to handle restaurants, parties, vacations and holidays



HELP

HELP was created by Dr. Judith Hochstadt, a Pediatric Endocrinologist and diabetes specialist.

HELP's common sense approach to nutrition is neither a completely low-fat nor a low carbohydrate plan, but rather a healthy combination of the two.

We teach you the importance of consuming whole foods and avoiding foods with a high-glycemic-index in order to maintain stable blood sugars, lessen food cravings, and decrease overall food intake.

...let us **HELP!**

Your child's physician should be made aware of your participation in HELP and should supervise your health care.



Dr. Judith Hochstadt

HELP Alumni Testimonials



"Dr. Judy"

"Dr. Judy" has been a practicing pediatrician and endocrinologist in Fairfield County since 1982. She completed her internship, residency and fellowship in Pediatric Endocrinology at Yale New Haven Medical Center.

Dr. Judy ran a Yale satellite diabetes and endocrinology clinic for 18 years at Bridgeport Hospital in Bridgeport, CT. There she witnessed firsthand the emergence of the obesity and type II diabetes mellitus epidemic.

She is a senior attending physician at Bridgeport Hospital, Yale New Haven Health; a fellow of the American Academy of Pediatrics; and a member of the American Association of Clinical Endocrinologists (AACE), the Endocrine Society, the American Diabetes Association (ADA), and the North American Association for the Study of Obesity (NAASO).

"Your program has changed our lives and I would recommend it to anyone with similar issues."

--- Ashley's Parents

"I had attempted many different weight loss programs, but none worked until HELP. Being with a group showed I wasn't alone and it taught me how to deal with everyday situations from parties to school lunches."

--- Sophie B-W

"Reluctant at first, my girls (13 and 15) were soon rushing me along to Dr. Judy's H.E.L.P. program so we wouldn't be late."

---Brenda A.



Healthy Eating
Lifestyle Program
Loses Pounds



A nutrition and lifestyle management program designed to help your child develop lifelong healthy eating and exercise habits

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