

The K.I.C. Program

- Kids in Control -

Are you ready to get fit? Then sign up today for the free K.I.C. Program.

K.I.C. classes meet once a week at the health care center. Each week, you will learn something new about eating right, taking care of your body, and making healthy choices.

Free K.I.C. activities include:

- dancing
- jumping rope
- workout stations
- healthy snacks & prizes
- and much more!



2 Limit screen time (TV, video games, computers) to 2 hours each day.

1 Make time for at least 1 hour of physical activity each day.

5 Eat at least 5 servings of fruits and vegetables each day.

G GREAT

O OPPORTUNITIES!



215 GO! is sponsored by the Division of Maternal, Child and Family Health and Ambulatory Health Services



AHS Ambulatory Health Services
Philadelphia Department of Public Health

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A free health and nutrition clinic for children and teens

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All about 215 GO!

Young people in our communities are at high risk for health problems caused by overweight and obesity.

215 GO!

was started to help children and teens get the support they need to enjoy healthier lives.



215 GO!

is a free health and nutrition clinic for young people registered at health care centers #2, # 5, #6 and #9.

215 GO!

helps young people (ages 3-18) and their families learn how to improve their health through healthy eating, exercise and other behavior changes.

215 GO!

also helps young people improve their self-esteem through support groups, education and counseling.



215 GO!

pediatricians, nutritionists, health educators and nurses provide personal, high-quality care at the health care center.

The program begins with an in-depth visit with a nutritionist and health educator. After your first appointment, you will visit each month for one year.



215 GO!

is free to any Philadelphia resident, even if they do not have health insurance or money to pay. Ask your pediatrician how you can sign up today for

215 GO!

**Small changes =
a big difference**

You do not have to change everything all at once.

Making small changes can make a big difference in your health.

**Get started today
with 215 GO!**