

YMCA program aimed at obesity

ABOUT YOU

[Health](#)

SPECIAL SECTIONS

[Escapes](#)

[Christian Life](#)

[Community Spotlight - East](#)

[M Magazine](#)

[Festivals of Music](#)

[Community Spotlight - West](#)

[Outdoor Living](#)

OUR SERVICES

[Place an Ad](#)

[Contact Us](#)

[Subscribe](#)

[Become a Carrier](#)

[Newspapers in Education](#)

[Your Newspaper](#)

[General Comments](#)

[Terms and Conditions](#)

[Privacy Statement](#)

[General Contest Rules](#)

ON CANOE.CA

[Horoscopes](#)

[Lotteries](#)

[E-Cards](#)

[Crosswords](#)

[TV Listings](#)

Immigrant kids quickly pick up our language, lifestyle -- and bad eating habits.

So a new London-based program aims to prevent obesity among newcomers, especially low-income families.

Families in Action is organized by the YMCA of London and the Middlesex-London Health Unit.

Funded by a two-year \$100,000 grant from the Canadian Diabetes Association, it aims to help families with children ages six to 12 exercise and develop good eating habits.

"We already know that (obese) kids grow up to be fat adults," said Dr. Stuart Harris, professor at Western's Schulich School of Medicine.

Harris said he believes new immigrants, sometimes also low-income families, adopt bad Canadian eating habits and tend to eat low-cost fatty foods.

"Instead of just talking about the problem, we want to do something about it," he said.

The program offers family counselling, free food vouchers, healthy cooking classes and free YMCA family memberships.

Dr. Meizi He, nutrition researcher for the health unit, said Type 2 diabetes, directly related to weight gain and diet, is becoming common in children.

She said one in 20 children are diagnosed with Type 2 diabetes.

Through the YMCA, families also will have access to winter sport activities, to learn skiing, hockey and skating techniques to stay active in winter months.

Marta Santos, a mother of two young children, said the program will help prevent her family from becoming one of those statistics.

"They can come and play, whatever the season. It's better for them than sitting at home."

All eyes on the sky

Group home staffers strike

Latin Londoners repay past help with food drive

Kangaroo's whereabouts concerns London group

Worldwide call to arms

Orange Order looking to move

Library's stance on blocking sites generates debate

Many saw Trethewey as 'a member of the family'

Smuggling charge laid against Londoner

YMCA program aimed at obesity

'Dangerous' man sought by police after stabbing

Rare powerful tornado slams Manitoba town

MP Stronach recovering from mastectomy

Eight more U.S. soldiers die in Iraq

Karzai decries civilian deaths

Toronto unveils Air India monument

Great Canadian makeover

Illnesses may flourish with rising temps

Brown ready to take charge

Feared Saudi religious police have fatality trial postponed

About the Author

From Ifpress.ca:

Find information about male pattern hair loss and one treatment to help maintain and increase.

This includes journals in science, medicine, social science and the humanities. It is available at a fraction of the cost of subscription.

Often times, manufacturers will lower the cost of increased quantity items. This is often true with prescription.

The Medicine Program . com offers patient assistance program designed to lower you prescription costs at participating.

NeedyMeds is the best source of information about assistance programs that help with the cost of medicine and other healthcare.

Bioidentical hormones, wild yam, chaste berry, hormone imbalance, mood swings, depression, menopause, pms, anger, irritability, hot flashes, bloating.

Source: <http://productsherbal.com>