

# CHILDREN AT THEIR RIGHT WEIGHT

Sports and nutrition program especially  
for overweight children



We help children on their way to a healthy lifestyle through

# HEALTHY NUTRITION AND SPORTS

The number of overweight children has risen sharply since 2000. More than one in six children aged 15 years are 'too heavy'. This might have unpleasant consequences for the child. (Source: Nederlands Jeugd Instituut /Youth Institute).

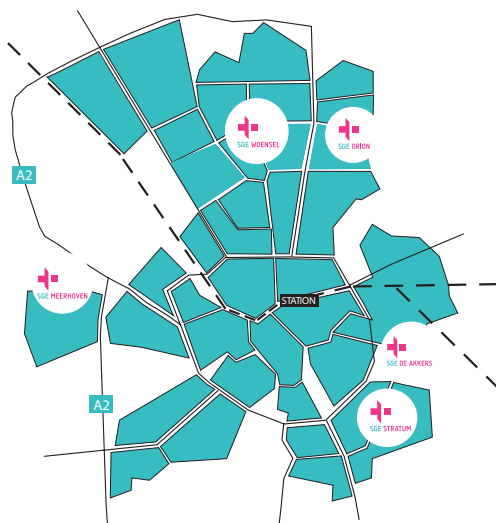
The above passage describes the growing problem among Dutch youth. SGE has therefore started the coaching program 'Children at Their Right Weight'.

Our (child)physiotherapists and the life-style coach work together with several parties including the GPs of SGE, youth nurses/ youth doctors of GGD-bzo and dieticians. We guide children towards a healthier life-style with the help of nutrition and sports.

The program lasts 3 months in which the children are intensively coached in both areas. The program is offered at five locations in Eindhoven: SGE De Akkers, SGE Meerhoven, SGE Orion, SGE Stratum and SGE Woensel.

## MORE INFORMATION

For more information, please e-mail to: [opgewicht@sge.nl](mailto:opgewicht@sge.nl).



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