



Lifelong Eating & Activity Patterns
Nutrition Education for Families



Created by:

OPT for Fit Kids

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Acknowledgements

OPT for Fit Kids wishes to extend a sincere thank you to all who “powered” this important document from start to finish. Special thanks for all those who provided their technical expertise, insights, and advice in creating this document.

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Dear Instructor,

Welcome to the LEAP for Families Nutrition Education Program. You can feel confident that you have chosen a quality program that will significantly benefit your clients and families. Our contributors, with their extensive educational background, apply their knowledge of food, nutrition, physical activity, health, culinary arts, physiology, biochemistry, anatomy, and psychology to help you translate dietary recommendations into practical, clear, and straightforward advice.

The goal of LEAP for Families is to improve attitudes, knowledge, and awareness of healthy living and promote the increased consumption of fruits and vegetables and levels of physical activity. Higher levels of fruit and vegetable consumption and exercise in both children and adults are associated with a decreased risk for overweight, high blood pressure, and diabetes. LEAP for Families is designed to be implemented over six weeks. The LEAP Adults and Youth Guides provides easy to use support materials for parent and child LEAP participants. Each session focuses on a weekly theme and includes:

- Welcome Activities: Icebreakers and Group Discussions
- Youth and Adult Focus Topics
- Youth and Adult Breakout Activities
- Food Tasting, Recipe, and Food Preparation Tips
- Wrap-Up: LEAP into Action Activities and the Weekly LEAP Challenge

LEAP for Families, created by OPT for Fit Kids, is a theory based nutrition education program developmentally appropriate for families with children between the ages of 8 and 14 years old. OPT for Fit Kids began in 2001 in response to the alarming increase in the rate of overweight and associated health risk factors. This six week course is an integral tool for family based nutrition education and diet and activity related behavior change with documentation of program effectiveness published in referred research journals.

Good luck and we hope you enjoy using LEAP!

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Introduction to LEAP

Dear Parents,

We are glad you have decided to get help for your child's eating and activity patterns. The added bonus of your son or daughter's involvement with our program is that the whole family benefits. It is very important that you evaluate whether or not you are willing to make the commitment to be a good role model for your child. Think about it...your son or daughter is not going to want to become more active and eat healthy if you aren't role modeling the same behaviors. So although you may be starting this program because of your child, it is imperative that you role model healthy behaviors. If you are not willing to make this commitment, you may want to think about postponing enrollment until you are ready.

The LEAP classes are six weeks in length. We meet for two hours each week. There is a lot of information covered and the time goes by very quickly. There are times when we work together with families and times when the parents work in a group separate from the kids. The sessions cover a variety of topics and strategies such as how to use food labels to make better food choices, discussions and strategies for increasing daily physical activity, and suggestions for setting limits for unhealthy foods and inactivity. The weekly sessions are fun and supportive.

We encourage you to keep track of questions as they come up, we find that families learn a lot from sharing their experiences. Remember, you are not the only family who is going through a similar experience.

We look forward to getting to know you and sharing our tools and strategies for making good health an easier goal to achieve. If you ever have any questions or concerns outside of class, do not hesitate to call.

Thanks!
OPT for Fit Kids Staff

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Welcome to LEAP!

We are glad you’ve chosen to be part of LEAP! You’re on your way to learning how to take care of your body and your health. Learning about eating better and being active now will help you make better choices and live a healthy life.

LEAP Sessions begin with a group activity or discussion with parents and kids together. Next, kids separate into their own group for the “Break-Out Activities” listed on the first page of each of the 6 sessions. Each sessions ends with an opportunity to taste a new food that is delicious, healthy, and something you can make for yourself at home. If you ever have any questions or concerns outside of class, please let us know!

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