

The W82GO! programme was established in 2005 by a multidisciplinary team. It is family based and is delivered by a multidisciplinary team comprised of :

Paediatrician  
Dietitian  
Nurse  
Chartered Physiotherapist  
Clinical Psychologist

W82GO provides families with health, nutrition, self esteem, family communication and activity guidance along with support in a safe environment so that families can achieve the healthiest lifestyle possible for them.

#### Proven Results:

Our team understands the specific medical and emotional needs of children and results have been successful to date.

Over the past three years, children who completed the W82GO! Programme improved their fitness levels and general health after one year.



## Parents are required to attend each session with their children.

#### Parents learn to:

- Make positive changes in the family's lifestyle and communication patterns.
- Provide a balance between nurturing and limit setting.
- Act as positive role models for their children.

#### Children learn to:

- Create an active, full life where food and screen-time become less important as they have more fun being active.
- Communicate their needs in order to feel better about themselves.
- Make healthier lifestyle choices without feeling deprived/punished.



# Temple Street W82GO! Healthy Lifestyles Programme



*“W82GO! gave us the extra push we needed”*

For further information  
call Sarah on 01 8921838



## ***“The W82GO! Programme was excellent. My son’s self esteem has greatly improved along with our eating habits”***

Temple Street Children’s University Hospital offers the W82GO! Healthy Lifestyles Program for children and teens, using a family approach. This programme helps families to create a home and lifestyle that promotes health. The programme is delivered by a multidisciplinary team of health professionals over 12 months:

**Stage 1** takes place one evening per week for 6 weeks

**Stage 2** involves 4 evening sessions ( booster) 3-, 6-,9 and 12 months later

As this is a family based programme, parents/guardians are required to attend

Everybody is a different shape and size but nowadays more and more children have lifestyles that are not as healthy as they could be. Eating an unhealthy diet, not moving around enough (being inactive), not sleeping well and spending too much time using screens, can all have a negative effect on a child’s health.

In Ireland, 17.8% of children aged 4-13 years are described as overweight and 6.8% as obese. In some cases being overweight can indicate that a child may be at risk of illnesses such as asthma, type 2 diabetes and heart disease. In other cases children who are overweight may experience joint pain, high blood pressure, low self esteem, or depression and are at greater risk of becoming an overweight adult.

### **Where does W82GO! take place?**

- The programme runs on Thursday evenings between 5.30 and 7.30pm in the hospital.
- Children should wear comfortable clothes and runners and bring a bottle of water with them.

### **What happens on the programme?**

- Every week both children and parents take part in practical education sessions.
- Children also take part in 60 minutes of fun, group based activity with children their own age in a safe and encouraging environment

### **How can our family take part?**

- Before your family takes part in the programme, your hospital doctor will request a FASTING blood test to measure levels of insulin, lipids, and blood sugar.
- Before starting the programme you will be required to attend the hospital for a screening appointment by the team.

### **Screening Visit**

- This appointment will include: a dietary assessment, a fitness test (heart, lungs, muscles and joints) and questionnaires regarding the sleep pattern, quality of life and emotional wellbeing of your child.
- This assessment will give us important information about your child’s risk of illness and family medical history. Using this comprehensive assessment, we will draw up an individual plan.