

# St. Louis Community Based

## NUTRITIONAL RESOURCES



Program & Contact Number	Focus	Ages	Class Location	Length	Teachers	Cost
<b>Registered Dietitian</b> <b>St. Louis Children's Hospital</b> Phone: 314.454.4204 <a href="mailto:slchdietitians@bjc.org">slchdietitians@bjc.org</a> ☐	Individual and parent Complete assessment of the child's overall nutritional status followed by a personalized treatment plan focusing on dietary changes and exercise	0-18	St. Louis Children's Hospital	As Needed	RD	Varies No physician referral required
<b>Physical Therapy</b> <b>St. Louis Children's Hospital</b> Phone: 314.454.6154	Individual and Parent	0-18	St. Louis Children's Hospital	As Needed	PT	Varies
<b>Head To Toe</b> <b>St. Louis Children's Hospital</b> To register for a class call 314.454.KIDS or 800.678.KIDS, then press three.	Child focus Group setting Encourages moderately overweight adolescents to adopt healthier lifestyles through fitness and eating right	8-17	Several Locations	10 weeks 1 hour/wk	RD, PT, PTA	\$50 Physician referral required
<b>The FAN Club</b> <b>St. Louis Children's Hospital</b>	<b>A pediatric weight management program for kids age 8-12</b>	8-12	St. Louis Children's Hospital	30 weeks	Dietitian Physician Behaviorist	Physician referral required

Contact 314.454.KIDS for more information and to register for an orientation session	<b>which focuses on family, activity and nutrition. Our family-based program is centered on medical management and incorporates behavioral therapy, dietary intervention and exercise.</b>				Physical Therapist	
<b>Operation Frontline Operation Food Search</b> Phone: 314.726.5355 x 13 <a href="mailto:aaronrd@ofsearch.org">aaronrd@ofsearch.org</a>	Cooking Class for parents and children Grocery bag of ingredients provided	All ages	Varies	4 sessions 2 hours each	Chef, Health Educator, RD	Free No Physician referral required
<b>Dr. J's Family Weight Loss Program</b> Phone: 314-645-1001 <a href="http://www.drjjmd.com">www.drjjmd.com</a> email:info@drjjmd.com	Child and Family Groups	All ages	University City Wellston, MO	Ongoing	MD, RD, Certified Personal Trainer	No physician referral required Prices vary
<b>YMCA Aquatic Boot Camp</b> Phone: 314.439.9622	Fun and safe water exercise for overweight children	7-13	Edward Jones YMCA	6 sessions 45 minutes each	Certified Life Guards	\$15 for members \$30 for non members
<b>Lift For Life</b> Phone: 314.436.2337 Or: 314.588.8921 <a href="http://www.liftforlife.org">www.liftforlife.org</a>	At the Gym, kids can get a nutritious meal, do their homework, see friends and get healthy exercise.	8-18	1731 S. Broadway, St. Louis MO 63104 1415 Cass  Avenue, St. Louis MO 63106	After school program	Staff	No physician referral needed
<b>The Living Well Village</b> Phone: 636-287-5004	Parent/Child mini camp experience that makes healthy	Teens, Tweens and Tots	10 minutes south of 270/255 and hwy 55 in	Weekend program	MD, RN, RD	No physician referral required

<a href="http://www.livingwellvillage.com">www.livingwellvillage.com</a>	lifestyle learning fun.		Imperial, MO			
<b>Camp Jump Start</b> Phone: 314.729.0175 Or: 636.287-5004 <a href="mailto:contact@campjumpstart.com">contact@campjumpstart.com</a>	A blend of camping, fitness, nutrition, health education and leadership training together for positive youth development.	10-17	7453 Hibbard Lane St. Louis, Missouri 63123	varies	MD, RN, RD	Varies-see website
<b>Edward Jones Family YMCA</b> Phone: 314.439.9622 <a href="http://www.ymcastlouis.org/edwardjones">www.ymcastlouis.org/edwardjones</a>	Fun swim lessons designed to be progressive Private lessons available	0-18	12521 Marine Ave. St. Louis, MO	2-6 week sessions	Staff	\$51-74 (depending on session)

<b>Weight Watchers</b> <a href="http://www.weightwatchers.com">www.weightwatchers.com</a>	Tailored eating plan that focuses on portion sizes and exercise	10 and up	Several locations in Missouri and Illinois. Web site will direct you to closest facility	Varies	Staff	Require a physician's note with a goal weight
<b>Shapedown</b> Phone: 314.991.6730 Or: 314.729.0175 <a href="http://www.weightloss-stl.com/shapedown.html">www.weightloss-stl.com/shapedown.html</a>	Comprehensive lifestyle change program designed specifically for children and adolescents	7-20	Chesterfield, MO New Prague, MO	10 week 2.5 hrs/wk	RD, mental health professional, physician, nurse, exercise specialist	~\$450
<b>Edward Jones YMCA Personal Training</b> Phone: 314.439.9622 <a href="http://www.ymcastlouis.org/edwardjones">www.ymcastlouis.org/edwardjones</a>	Work one-on-one with you to develop a customized fitness program and help motivate you to reach your	13 and up	Edwards Jones YMCA 12521 Marine Ave. St. Louis, MO	Individual sessions	Personal trainer	1 session-\$57 5 sessions- \$306 10 sessions- \$510

	personal fitness goals					
<b>KidFit</b> Columbia, IL Phone: 618.281.9695	KiDFiT is a non-competitive fitness program full of fun exercises and activities. After school Program	K-6 <sup>th</sup> grade	Columbia, IL Sunset Hills, MO (coming soon 2007)	varies	Staff	Varies No Physician referral required
<b>Fit for Life</b> Phone: 314.367.4646 <a href="http://www.ymcastlouis.org">www.ymcastlouis.org</a>	<b>Program offered at the Monsanto YMCA for teen girls. The program does have criteria</b> Increases personal awareness of exercise & fitness.	17 and up	5555 Page Blvd. St. Louis, MO	varies	Personal trainer, nutrition educator	--Referral required -mother or grandmother needs to be in the adult fit for life or be a previous fit for life member. If you have someone interested, it would be simple to get the mom or grandmother enrolled.
<b>Just for Kids</b> St. John's Mercy Hospital Phone: 636.239.8350	A program for moderately overweight children that encourages a healthier lifestyle through fitness and healthy eating	6-10	St. John's Mercy Hospital Washington, MO	10 weeks 1 hr/wk	RD, PT	\$50 Physician referral required
<b>Cardinal Glennon Children's Hospital Weight Mgt. Clinic</b>	Focuses on family lifestyles changes such as healthy eating, exercise, and portion control	2-18 (Adult required for every meeting)	Cardinal Glennon Children's Hospital	As needed	Physicians, Nurse, physiologists, and dietician	Varies

<b>Fitwize 4 Kids</b> 5658A Telegraph Road (in Deirberg Plaza) Oakville MO 63129 Phone: 314.293.1005 Fax: 314.293.1813 <a href="mailto:info@fitwize4kids.com">info@fitwize4kids.com</a>	Our charter is to empower the youth of today and tomorrow in building healthy lifestyles that support a balance between fitness and nutrition	6.5-15	Oakville, MO	Varies	PT, RD	No physician referral required
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