

# News Release

Nov. 9, 2011



## Leduc works to 'MEND' bad food and exercise choices for youth – Leduc one of five Alberta communities to offer new AHS program

The City of Leduc has entered into a unique partnership with Alberta Health Services (AHS) to offer a healthy lifestyle program educating children, parents and caregivers about proper nutrition, portion sizes and the importance of active play. Two 'Mind, Exercise, Nutrition...Do It!' (MEND) programs will be delivered through the Leduc Recreation Centre starting January 2012.

"We're very excited to offer this new and unique program to Leduc," says Leduc Mayor Greg Krischke. "This is made possible due to an important partnership with AHS and further demonstrates our commitment to promote healthy, active living for our children and youth."

MEND classes for two to four-year-olds run for 90 minutes/week for 10 weeks. Each session will include active play and snack time providing an opportunity for children and parents to interact. Session topics include healthy eating for families, mealtime struggles, portion sizes and healthy habits.

The second MEND program is for older children, seven to 13-year-olds, and their families will focus on skills to make positive lifestyle changes, active living and healthy eating. Participants will learn about nutrition, behaviour change and game-based exercise. Session topics include unrefined versus refined grains, fats and sugars, label reading, goals and rewards, and a grocery store tour. The twice-weekly class will run for 10 weeks.

Leduc is only one in five communities across Alberta to offer this free program in partnership with AHS. No referrals are needed to participate, however parent/caregiver participation is required for both programs.

For more information and to register on these MEND programs, email [jbouchard@leduc.ca](mailto:jbouchard@leduc.ca) or call (780) 980-8454.

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