

Participating in an activity for

# 10Weeks

establishes a routine

which will increase your rate of success to develop and maintain a healthy lifestyle.



## YOUR PROGRAM LEADERS:



**KRISTIN KLINEFELTER** – Grand Itasca Clinic & Hospital Registered Dietitian



**BRI SOLEM** – Grand Itasca Clinic & Hospital Health Coach



**DR. TONI YOUNGDAHL PALECEK**– Grand Itasca Clinic & Hospital Physician



**AMBER YORK**– Itasca YMCA Certified Personal Trainer



**BETH MATTSON** – Itasca YMCA Certified Personal Trainer

**KRIS BOLIN**  
Itasca YMCA Program Coordinator & Trainer



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**granditasca**  
Clinic & Hospital

*Part of Fairview Health Services*



# TEEN S.A.N.E.

**SUPPORT,  
ACCOUNTABILITY,  
NUTRITION & EXERCISE**

**A 10-WEEK GROUP WELLNESS JOURNEY**

**ITASCA COUNTY FAMILY YMCA  
400 RIVER ROAD, GRAND RAPIDS, MN  
Phone: 218-327-1161**

# A HEALTHY LIFESTYLE YOU CAN STICK WITH... for life!

## 10-WEEK SMALL GROUP WELLNESS JOURNEY

Grand Itasca Clinic & Hospital and the Itasca County Family YMCA have partnered to provide this program for teens that are at a higher risk for health issues. This physician supervised program will allow those at risk to learn healthier habits that include nutrition and movement of the body.

### This is for you!

Begin a new journey that can get you on the road to better health with this collaborative 10-Week TEEN S.A.N.E. Wellness Program. This program is designed for teens ages 12-17 years with the intention to move toward habits and behaviors of a healthy lifestyle. Both exercise and nutrition strategies will be addressed by professionals in each field.

**Register at the Y Membership Desk or call 327-1161**

**Teens can ride the bus to the Y**

**Information teens can use throughout their lifetime**

### What can I expect?

- Consultation with a physician from Grand Itasca Clinic & Hospital
- Twice a week scheduled group workouts and group camaraderie with Certified Personal Trainers
- Weekly nutrition and health education with a registered dietitian, health coach or physician
- Realistic goal setting based on your needs and wants
- Continuous guidance and support throughout the 10 weeks
- Required workouts on your own time based on your interests

### GROUP WORKOUTS

Personal Trainers will lead the group workouts, focusing on proper technique to avoid injury. You will be instructed in individualizing your workouts to reach your personal target heart rate and strength goals. Group workouts will be balanced in cardio and strength while having fun!

Program is run with continued guidance and input from Grand Itasca Clinic & Hospital.

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**DATES:** Starting Fall 2017

**DAYS:** Tuesdays 3:45-5pm  
Thursdays 3:45-5pm

**COST:** \$50.00 for YMCA Members  
\$75.00 for Non-Y Members

**This session of TEEN SANE is offered at a reduced rate due to generous grant funding from Grand Itasca Foundation. For additional questions on scholarships please call Kris Bolin at 327-8801**

### WELCOME DAY

Tuesday, September 26th  
6:00-7:30pm at the Y Active Living Center  
Parents must attend  
Light snacks served  
Medical clearance visit with provider  
Education  
Program Expectations

