Families do not need to join the YMCA for their child to enroll in the Fun2BFit Program. A referral from a medical provider stating that the child is overweight (BMI is at the 85th percentile or above for their age and gender) is needed. For specific cost and class times and age range served, contact the partner YMCAs.

YMCA locations:
- Hamilton County
  - Richard E. Lindner Family YMCA, 513-731-0115
  - Gamble Nippert, 513-661-1105 (Westside)
  - Clippard, 513-923-4466 (Colerain)
- Butler County
  - Atrium, 513-217-5501 (Franklin)
  - East Butler County YMCA, 513-892-9622
  - Fitton Family YMCA, 513-868-9622
  - Fairfield, 513-829-3091
- Clermont County
  - Clermont Family YMCA, 513-536-3251
- Northern Kentucky
  - Limestone Family YMCA, 606-564-6772
  - RC Durr, 859-534-5700 (Burlington)

HealthWorks Physical Activity Component
Fun, non-competitive group exercise classes are offered for youth in the HealthWorks! program. The classes focus on fitness, movement and skill development. Designed and led by our exercise staff, each 1-hour activity session can include:
- Cardiovascular exercise
- Strength training
- Flexibility
- Active play

The HealthWorks! exercise facility, conveniently located near the main hospital, is furnished with state-of-the-art equipment designed to meet the needs of those participating in the program. Cardio and strength training machines combined with group exercise and active games provide the variety needed to keep both children and teens engaged and having fun. Classes are divided by age groups with sessions offered every weekday evening.

Group exercise classes for overweight and obese youth are also available in the community through the Fun2BFit program. Fun2BFit is offered at several YMCA locations in the Greater Cincinnati area. HealthWorks has partnered with these YMCAs so the group exercise classes are similar to the ones offered at the HealthWorks! program.

Contact Us
Call HealthWorks! at 513-636-4305 for more information, to make an appointment or a referral.
What to expect

CBHN serves overweight and obese youth and adolescents of all ages with a body mass index (BMI) at the 85th percentile or above. BMI is used to determine if your child is at a healthy weight for their age and height. At the first CBHN clinical visit, a medical provider will look for the underlying causes of weight gain and review any related health problems. Families will also meet with a dietitian and exercise physiologist at this visit to begin developing an individualized plan to improve eating habits and be more physically active. The goal is to help participating youth achieve a healthier weight, become more fit and improve other obesity-related health concerns.

Families can also meet with our psychologist to address mental health concerns. In addition, the psychologist can work with families to help them stay motivated and set goals for making lifestyle changes. Our social worker is also available to support families and help link them to resources that would help address their needs. Meeting with a psychologist or social worker can be arranged at the family’s request or as recommended by a CBHN healthcare provider. These additional services ensure families have access to care that addresses their physical, mental health and social needs.

CBHN serves overweight and obese youth and adolescents through comprehensive, family-based treatment. We are committed to developing community-based programs to reverse the trend of the growing public health problem that is obesity and its related health complications. We are actively involved in research to help advance the science of obesity prevention and treatment for youth.

Our Approach

Our approach to treating obesity is unique. We pull together experts from a wide range of specialties that include:

- Medicine
  - General Pediatrics
  - Endocrinology
  - Cardiology
  - Pulmonary
  - Gastroenterology
  - Adolescent Medicine
- Nutrition
- Exercise Physiology
- Nursing
- Psychology
- Social Work

Locations

- Cincinnati Children’s main hospital campus
- CCHMC Satellite locations
  - Eastgate
  - Green Township
  - Liberty
  - Mason
  - Maysville
  - Northern Kentucky
  - Washington Courthouse
- In-school clinics are held at select Cincinnati Public Schools and all Norwood City Schools. Please call 513-636-4305 for more information.

Getting Started

Referrals can be made to the CBHN by a child’s primary care provider or a family member if a child is experiencing one or more of the following:

- BMI at the 85th percentile or above
- Rapid weight gain
- Health concern(s) related to being overweight or obese

Referring medical providers can obtain a fasting laboratory evaluation for health-related problems of obesity or this can be done as part of the initial CBHN medical visit. If labs are obtained prior to this visit, we recommend the following be done after a 12 hour fast:

- Liver enzymes (AST, ALT, GGT)
- Lipid profile (Total cholesterol, LDL-cholesterol, HDL-cholesterol and triglycerides)
- Insulin, glucose, HemoglobinA1C
- Thyroid test (TSH)
- Vitamin D

If available, it is also helpful if the child’s growth curves are sent to CBHN prior to the child’s first visit.

HealthWorks! Nutrition Component

Registered Dietitians provide individual nutrition counseling and group nutrition education sessions to help each child or teen improve their eating habits. Our dietitians help families set realistic, step-by-step goals that build healthy eating habits, selecting an eating plan that best fits their lifestyle and accounts for their child’s likes and dislikes. Parents and other caregivers play a key role in providing the support and encouragement needed for their child or teen to eat better, improve their health and achieve a healthier weight.

In the group education sessions, parents/caregivers and their children participate in hands-on nutrition activities, including:

- Menu Planning
- Preparing a grocery list
- Recipe rehab
- Cooking
- Food tastings

The goal of these classes is to plan and prepare healthy meals and snacks using a wide variety of budget-friendly recipes. Families will also learn about portions and making healthy food choices when eating away from home.