

Weight Management Resources

We at Parkland School District want to see our students grow to be healthy individuals.

We have compiled some resources of weight management services and fitness programs that are offered within Parkland School District and throughout the Lehigh Valley. There are many ways to get your child moving both indoors and outdoors. If you have any questions regarding your child's BMI results please contact the School Nurse at your child's building.

Parkland School District Resources

Parkland High School is now offering a **Healthy Weight Management elective PE course** which will address diet analysis and how to modify the student's current diet to approach recommended guidelines. Also, a variety of cardiovascular and anaerobic exercise will be presented and practiced. This course would be taken instead of a traditional PE class and will count as an elective.

Orefield & Springhouse Middle Schools do fitness tests to measure cardiovascular fitness, upper body strength, flexibility, and body composition with a Tri Fit machine. The reports are mailed home at the end of each school year.

Parkland Elementary Schools may have walking or running clubs. Please check with your child's individual school.

Resources through out Lehigh Valley

Lehigh Valley Hospital offers multiple programs. You can inquire about the following programs by calling 610-402-CARE or checking their website at www.lvhn.org.

Programs offered by LVH:

Lifestyle Management Center – 610-402-5000

Exercise classes – 610-402-CARE

St. Lukes Hospital has Nutrition Consultation Services – 610-954-4330

Highmark Blue Shield offers Kidshape, a program that helps kids learn about nutrition and having an active lifestyle – 1-866-283-4995.

Total Fit Boot Camp is an exercise class offered for teenagers and adults. You can contact them at 610-266-7811 or via their website at <http://www.TotallyFitBootCamp.com>

There are many outdoor parks and trails to bike, walk, or run such as:

Ironton railtrail – irontonrailtrail.org

Parks located in Allentown

<http://www.allentownpa.gov/Government/DepartmentsBureaus/ParksandRecreation/ParkInventory/tabid/238/Default.aspx>