For Information: Call 718-920-2232
Program Eligibility:
Ages 12-21 years

The Mission of B’N Fit

The mission of B’N Fit is to provide a safe environment for teens who need access to comprehensive weight loss services. The program teaches teens how to adopt healthy lifelong nutritional and physical activity skills, to develop coping skills and enhance their personal responsibility, as well as to utilize their family, social and community resources to achieve personal goals. Above all, B’N Fit seeks to recognize and fulfill the unique needs of each teen and promote his or her sense of well-being.

The B’N Fit Team:

Jessica Rieder, MD, MS
Program Director
The Children’s Hospital at Montefiore (CHAM)

Rita Santelia, LMSW
Co-Director
Mosholu Montefiore Community Center (MMCC)

Unab Khan, MD, MS
Medical Director, CHAM

Lisa Nicotra, LMSW
Program Coordinator, MMCC

Andrae Clarke
Director
After-school program, MMCC

Rachel Taney,
MS, RD, CDN
Registered Dietitian, CHAM

Dionne Daniels, LMSW
Social Worker, CHAM

Annabelle Rodriguez
Recreation Specialist, MMCC

Steve Rodriguez
Assistant Director
After-school program/Recreation Specialist, MMCC

Elicia Johnson-Knox, BS
Project Coordinator/Administrator, CHAM

Eurica Trowers
Recreation Specialist, MMCC

www.mmcc.org
www.montekids.org/bnfit

Funds provided by:
Department of Health and Human Services, Health Resources and Services Administration, Healthy Tomorrows Partnership for Children Program, UJA Federation of New York, Coca Cola Foundation, AstraZeneca HealthCare Foundation, Philips Electronics of North America and New York State Health Foundation

The Children’s Hospital at Montefiore has been consistently ranked one of America’s Best Children’s Hospitals by U.S. News & World Report.

www.montekids.org
The Division of Adolescent Medicine at The Children’s Hospital at Montefiore (CHAM) and the Moshulu Montefiore Community Center (MMCC) have developed the Bronx Nutrition and Fitness Initiative for Teens (B’N Fit) to address the issue of adolescent obesity. At the B’N Fit program youth are offered a comprehensive medical, nutritional and psychosocial evaluation. They are enrolled in an intensive 9 month program followed by a maintenance program. This is available to youth from the ages of 12 to 21. Individual support and counseling are available. The program allows teens to have fun meeting new friends, playing a variety of games and sports, trying new foods, going on trips and much more. All activities are under the supervision of caring and dedicated professionals. Our diverse professional staff are all experienced and committed to working with teens.

B’ Yourself
The weekly activities include:
- Learning to make healthy choices about snacks, drinks and meals
- Participating in discussions on topics that really matter to teens -- dating, peer pressure, music, school, clothes etc.
- Group projects, including preparing for events that promote community health, cooking together, creating healthy cookbooks and team challenges

Family Events
We offer weekly opportunities for families to learn how to improve their eating habits and be fit together.

B’N Fit Summer Camp
Our day camp is a wonderful opportunity to spend a summer outdoors with new friends you’ve made throughout the year. B’N Fit staff and camp counselors lead all activities. Enjoy the following:
- Nutritious snacks
- Swimming
- Hiking, sports/games
- Campfire songs
- Arts and crafts
- Awards Ceremony
- Rowing
- Special Trips

B’ Healthy
B’N Fit’s focus is to help overweight and obese teens. Our caring professionals help you build stronger, healthier bodies, as well as boost your self-esteem.

Medical care
At CHAM our physicians will provide you with a complete physical. They will monitor you with regular follow-up visits, and make referrals to other specialists as needed.

B’ Fit
In a fun-filled, supervised environment, you can participate in activities, such as:
- Basketball
- Volleyball
- Football
- Wiffle ball
- Calisthenics
- Yoga
- Dance
- Olympic challenges

B’N Fit helps teens to B’ healthy B’ Fit & B’ themselves.