

**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.

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## The B'N Fit Team:

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Program Director  
The Children's Hospital  
at Montefiore (CHAM)

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Co-Director  
Mosholu Montefiore  
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Social Worker, CHAM

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**Eurica Trowers**  
Recreation Specialist, MMCC

[www.mmcc.org](http://www.mmcc.org)  
[www.montekids.org/bnfit](http://www.montekids.org/bnfit)



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](http://www.montekids.org)



**B' HEALTHY... B'FIT... B' YOURSELF AT...**

# B'N FIT

**The Bronx Nutrition and  
Fitness Initiative for Teens**

at  
**The Children's Hospital at Montefiore  
Mosholu Montefiore Community Center**



The Division of Adolescent Medicine at The Children's Hospital at Montefiore (CHAM) and the Mosholu 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'N Fit helps  
teens to  
B' healthy  
B' Fit &  
B' themselves.**

### 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