

Simple Solutions for a Healthier Family.

Parents want the best for their children and family, especially when it comes to their learning, behavior, performance, weight or overall health. They often turn to tutors, coaches, counselors or doctors for help, but these alternatives can be time-consuming and costly. The good news is that the solution can often be found through simple changes in Lifestyle, Exercise, Attitude, and Nutrition (L.E.A.N.).



L.E.A.N. Start provides

- ✓ Fun and easy-to-implement tools and information
- ✓ Sustainable solutions that help families develop a lifetime of health
- ✓ Recipes that make nutrition easy, fun, and affordable
- ✓ Innovative ideas and activities that keep families moving

Participants will learn

- ✓ Which foods are best for growing kids
- ✓ How to read nutrition labels
- ✓ How to identify good vs. bad fats
- ✓ How much protein the body needs
- ✓ Creative activities to get the whole family moving
- ✓ And practical information for the entire family!

A complete approach

L.E.A.N. programs provide a scientifically based, clinically proven approach to wellness that focuses on the four pillars of health:

- Lifestyle** - How we **live**
- Exercise** - How we **move**
- Attitude** - How we **think**
- Nutrition** - How we **eat**



Qualified Instruction

L.E.A.N. Start™ is offered to parents and caregivers, exclusively by a Health Coach certified through the Dr. Sears Wellness Institute. Participants will receive a comprehensive workbook and learn new ideas through hands-on activities, practical interaction, and expert instruction.

Research confirms that to effectively impact the health of a child, change needs to begin at home. Dr. William Sears developed the L.E.A.N. approach to educate and empower parents and caregivers to introduce simple, yet effective, changes which can dramatically improve the health of the entire family.

Organizations offering L.E.A.N. will be implementing a scientifically proven, clinically based program that makes a positive impact on the lives of children and families. Participants will receive education and guidance that can help them:

- ✓ Improve their overall health
- ✓ Reduce medical expenses
- ✓ Have better weight control
- ✓ Improve brain health and mood
- ✓ Be more active, energetic, and live happier lives



One study showed that after taking part in a L.E.A.N. session, over 2,000 parents and caregivers were very confident in their ability to make important health related decisions. (scale = 0 to 5)

The clinical data also showed that parents and caregivers found the information about nutrition and exercise presented through the interactive classroom experience very useful. (scale = 0 to 5)

Session Topic Includes:

- Traffic light eating
- Brainy breakfast grains
- Water
- Skinny on the fat
- Veggies and fruits
- Power up with protein and play

"When children eat the right foods, their parents and teachers notice an improvement in their school performance. These children are able to focus better, and they have fewer behavioral and attention problems at school and at home."

-Dr. William Sears