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**Trios™** Health

**TRIOS**  
  
 **KickStart**

Making healthy living fun,  
one child at a time



  
**Trios™** Health

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# Trios KickStart

Trios Diabetes and Nutrition Services now offers a nutrition and wellness program specifically designed for children. Called Trios KickStart, the program centers around teaching kids to make healthy lifestyle choices, and helping them implement those choices early on for a lifetime of better health.

## About the Program

The KickStart program includes nutrition therapy and fitness components, with emphasis on childhood nutrition education. Using an interactive approach, Trios offers the KickStart curriculum in both individual and group sessions for children of all ages.

With their dietitian, nurse, and/or diabetes educator, KickStart participants will set individualized goals and an overall wellness plan unique to their lifestyle and health condition.

Participants will leave each appointment knowing they have a team of supporters who will help them set a plan of action and provide them with the tools needed to achieve their health and wellness goals.

Nutrition therapy services are available through the KickStart program for:

- Type 1 or Type 2 diabetes
- Childhood obesity
- Abnormal weight change
- Eating disorders
- Hypertension
- Hyperlipidemia
- Food allergies
- Depression
- Kidney disease
- Celiac disease
- Nutrition support.

Education material is available in English and Spanish, and interpreters are available onsite.



## Curriculum Topics

### Nutrition

- Portion control guidelines
- Portion distortion through the years
- MyPlate guidelines
- The role of fiber in a healthy diet
- Making healthy food choices
- Planning for successful grocery shopping
- Healthy tips for dining out and takeout
- How to navigate a restaurant menu
- Best foods in the fast lane
- Quick and easy snacks
- How to set S.M.A.R.T. nutrition goals
- Setting long- and short-term nutrition goals.

### Fitness

- Physical activity guidelines
- Fun aerobic and resistance activities
- Indoor vs. outdoor activities
- Exercise routines
- How to prepare for exercise
- Setting long- and short-term exercise goals.

### General

- How to avoid health risks
- Rewarding oneself for a job well done.
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## Contact Us

For questions, concerns, or referrals, please contact us. We look forward to working with you to meet your patient or child's health care needs.

