



Get your car fixed once, right, the first time.

MARCO'S AUTO BODY
In Pasadena call (626) 795-7500
559 N. Fair Oaks
Click for information

Search SEARCH Pasadena Now Add Your Comments Mail Print Click here for information

The Best of **The A-List**
Everything Pasadena



Browse Shopping and Sales



Browse Food, Wine & Restaurants



Browse Beauty & Health



Browse Nightlife



Browse Services

Kids on the Run

By KRISTIN EDWARDS & SETH AMITIN
Wednesday, January 23 | 0:12 pm

Navigating through the fast food nation is challenging. Television is chock full of ads, mostly for unhealthy "foods" or fad diet products. A program has been developed to help those targeted by ads (kids and teens) to learn to be food literate.

Kids on the Run is a program designed by Wendy Crump, RD that teaches children and teenagers proper nutrition and how to incorporate exercise into their lives. While weight management is part of the program, Crump makes the focus on learning to live healthily.



This unique eight week program was designed to give kids a supportive environment to aid in their success. It's a family-based program, requiring the commitment of anyone who provides significant care for the child. Crump works with lots of blended families, and she stresses how important it is for everyone in the child's life to be involved.

It's important to Crump to involve all members of the family in the program.

She notes that bad eating habits affect people differently, and while one sibling may be at a healthy weight now, it can catch up to them later in life. She teaches children to change their lifestyle, and refuses to use the word diet. This is not a diet program.

"First and foremost, if you have one child in your home that is overweight, that you make the changes for the entire family," said Crump. "Nobody needs to be eating chips or cookies." She stresses that it's important not to isolate any one person in the family because they may be struggling with their weight.

She has a staff of trainers that work with the kids in different ways. They work together twice a week for an hour, and are asked to commit another hour during the week on their own for exercise. The kids get a chance to develop interests that get



OUR CLIENTS LOOK GOOD IN PUBLIC BECAUSE THEY WORK OUT IN PRIVATE.



- ✓ Private Training Suites
- ✓ One-on-one attention
- ✓ Increased Motivation
- ✓ Accelerated Results
- ✓ Accountability
- ✓ Emphasis on Proper Technique
- ✓ Decreased Risk of Injury
- ✓ Individualized Programs
- ✓ Progressive Training

1st Session FREE
Call to schedule today
(626) 792-7907



155 W. Green St., Pasadena
www.ftpasadena.com

Minutes from downtown Pasadena!

SAVOR THE FLAVOR
Visit our Wonderful Store or Shop Online at SavorTheFlavor.net

Leonora Moss
Cultural Gatherings & Events
Leonora Moss (626) 355-1180

Sierra Madre Books
Something for Everyone!
(626) 836-3200
www.SierraMadreBooks.com

Angels Everywear
Innovative chic boutique- Women's clothing, accessories, footwear & gifts
(626) 355-0024
CLICK HERE

Pasadena is positively bursting with culture. Theatres...
TRADER JOE'S
Visit three of Pasadena's cultural hotspots:
The Original Trader Joe's
610 S. Arroyo Parkway
(626) 568-9254
Shops on Lake
345 S. Lake Ave.
(626) 395-9553
Hastings Ranch
467 Rosemead Blvd.,
(626) 351-3399
www.traderjoes.com



Get in shape - No Excuses!



Best designer jewelry in Pasadena



World-class, live classical music



A great mechanic



Look and feel your best



For all your printing needs

them active, like playing sports, or walking their dog, whatever they enjoy doing. The trainers act as another positive support for the child.



“Positive is the key,” Wendy Crump, RD said. “It’s important to develop a positive relationship with the child.”

Crump worked with one teenage girl whose parents were divorced and each remarried. The girl had plans to spend one month of her summer with her dad and step-mom in Arizona. From the very beginning, they were included in her progress, learning what foods were better to have on hand, and played an active role in her program. When she went to Arizona, Crump was available via email for support and questions, and they developed a plan to keep her exercising while she was away.

The initial consultation will usually last an hour and sometimes ends in tears. Tackling the emotional part of overeating, as well as the family dynamic that could be unconsciously sabotaging the child’s efforts.

“During the initial confrontation, I sit down with the parents and the child and we go over portion sizes with my food models,” Crump says, pointing to a shelf full of plastic food stacked on plastic plates. “We go over their food choices, their exercise habits and any medical conditions they may be experiencing.”

She works one on one with the child to develop their goals. The parents are then brought in to talk through the plan they set up together to achieve the child’s goals. This gives ownership to the child, which gives them the motivation to see it through. She teaches the parents how to support their child, aiding in their success.

“Parents want to help them, but don’t know how,” Crump said. “They think becoming the ‘food police’ is the answer, but it just creates a lot of conflict between the child and the parent. The program removes the parent from the ‘food police’ role and allows the parent to be a support system.”

“Many times, kids continue after the eight weeks. That’s not true for everyone,” said Crump. “We have to look at what we’re accomplishing and what goals we’re trying to reach, but the eight weeks is certainly a good start and they’re on the right track. They’re learning how to read labels, how to pre-plan for special events – how to make healthy choices.”

Crump has plans to grow **Kids on the Run** this year, to include a cooking component. It’s important to foster a love of fresh and healthy food, and teaching the families to cook together really reinforces that point. This will be an important component of this comprehensive program that will help with the long-term benefits.

“The whole idea is really to incorporate healthy habits,” said Crump.

Kids on the Run, (626) 403-6000, www.kids-on-the-run.com.

Mamma's Brick Oven Pizza & Pasta
New York Style Pizza

CALL NOW! (626) 799-1344
www.MammasBrickOven.com

Hard to Fit? See Harry Kamp

The most useful garment a man can own.



Navy Blazer
\$355 List
NOW \$295

Call (626) 793-1600



YOU AND YOUR GUESTS ARE CORDIALLY INVITED TO YOUR UPCOMING EVENT IN THE HEART OF OLD PASADENA.

For personal, social, religious, business, professional, civic events or for parties, celebrations, conferences, reunions, or congregations. You deserve to be hosted at a site that helps make your event a winner!

Harry Kamp
Clothiers

"Hard to Fit? See Harry Kamp"



2-Button Suit
\$750 List
NOW \$590



Call (626) 793-1600

For more information about the **Scott Pavilion and Garden**

please contact:
Raul Martinez, Director of Operations
Pasadena Senior Center
85 East Holly Street, Pasadena, California 91103
(626) 685-6706
or raulm@pasadenaseniocenter.org



PLACE VENDÔME

The hottest designer jewelry store in Pasadena.

PLACE VENDÔME
IN THE COURTYARD OF ONE COLORADO
OLD TOWN PASADENA | CALL (626) 577-7001