Creating Healthy Hearts, Minds & Bodies

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Exercise Physiologists
Kelly Parker, EP

Providing the VERY BEST care...

Children's Heart Center Nevada
3006 S Maryland Pkwy, Suite 690
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A Healthy Lifestyle for the Whole Family

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Reasons for referral to the Healthy Hearts Program

- Hyperlipidemia
- Hypertension
- Hyperinsulinemia
- BMI greater than 85th percentile for age
- Family history of premature heart disease (first-degree male relative before age 55 or female relative before age 65)
- Parent with a total cholesterol level greater than 240 mg/dL

How can the Healthy Hearts Program benefit your family?

The Healthy Hearts Program is a comprehensive, family-based, pediatric weight management program for families with overweight children.

The goal of the program is to promote healthy lifestyles for the entire family with an emphasis on modifying behaviors, improving eating habits, increasing physical activity and improving self-esteem.

Why is it important to maintain a healthy lifestyle?

Being overweight poses serious health risks including high cholesterol, high blood pressure, heart disease and type 2 diabetes.

Overweight children run the risk of developing these diseases at an early age. Therefore, recognizing and treating overweight children early is crucial to making dietary and lifestyle changes that will keep them healthy well into adulthood.

How it works

- Patients first undergo a medical evaluation with one of our cardiologists.
- Patients receive extensive nutrition counseling with a Registered Dietitian.
- Eligible patients may then enroll into our 12-week program which includes supervised exercise, regular nutrition education and behavior modification therapy.

Cardiac Rehab

Children's Heart Center also offers Cardiac Rehabilitation which is designed to benefit patients with a cardiac diagnosis. These patients are provided a safe, structured environment for rehabilitative physical activity. The goal of the Cardiac Rehabilitation program is to improve exercise tolerance, increase knowledge of heart disease and promote overall healthy lifestyles.