

UW HEALTH PEDIATRIC FITNESS CLINIC

UW Health Pediatric Fitness Clinic

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The UW Health Pediatric Fitness Clinic is for children 5 to 18 years old who have concerns regarding their weight, have a family or personal history of high cholesterol or hyper insulinemia, have developed medical problems due to reduced activity and weight gain, or who just want to improve their fitness and conditioning.

A team of physicians, exercise physiologists and registered dietitians, coordinated by our nurse, work with the family to develop an individualized health, fitness and nutrition action plan.

Most health insurance plans cover the evaluation and follow-up visits. Parents interested in the program should contact their insurance provider for benefit information prior to scheduling the first appointment.

Getting Started

At the first visit, the child meets with a physician and an exercise physiologist.

- **Physician** - The physician completes a physical exam, assesses medical complications and provides an introduction to our team approach. We may recommend a blood test to check the child's cholesterol, blood sugar, insulin level or thyroid function.
- **Exercise physiologist** - The exercise physiologist completes a DXA scan to evaluate the child's current body composition. This gives the family a unique look at the components of the human body and measures the weight of the child's muscle, bone and fat.

The second visit is an overview of the Health and Fitness Action Plan.

- **Registered dietitian** – The child's eating patterns and food habits are reviewed by our dietitians. They will work with the family to develop realistic goals for restoring normal eating that is balanced and nourishing, but most importantly promotes life long changes.
- **Exercise physiologist** - The child's cardiovascular fitness level is evaluated using a sub-maximal treadmill test in the same lab where UW Badgers and elite athletes are tested. Using the results, the exercise physiologist and the child create a personalized fitness action plan together, choosing activities the child likes and resources the child and family have available.

Working together

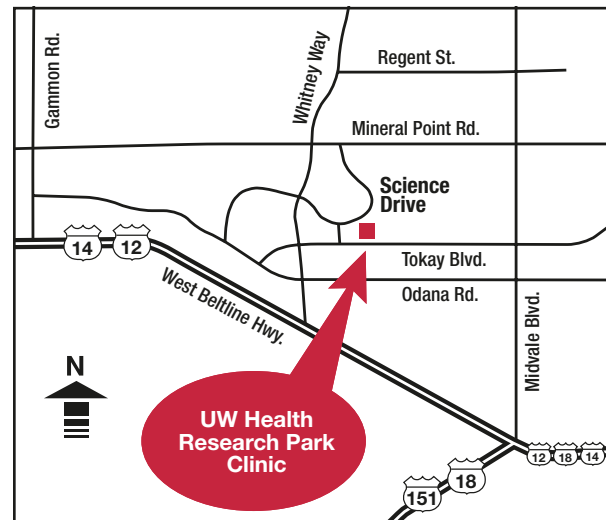
It is recommended that a child be seen for regular follow-up visits with the physician, registered dietitian and exercise physiologist to promote progress toward balance in eating and activity. We encourage our families to return regularly to support positive changes in lifestyle, monitor progress towards goals and to receive guidance with new issues as the child grows and changes.

Activities

Monitored exercise sessions are offered in our Sports Medicine Exercise Science Lab. The ultimate goal is to make exercise fun and teach safe and appropriate use of equipment. If deemed appropriate by our exercise physiologists, the child can join a group of peers and enjoy the clinic's interactive exercise options which include Dance Dance Revolution and video GameBikes. This non-threatening social and active portion focuses on fun and is a hit with this generation of video oriented children.

To learn more

Our staff is available to assist you from 8 a.m. to 4:30 p.m., Monday through Friday. For more information please contact Judy Hilgers, RN, BSN, Pediatric Fitness Clinic Nurse at (608) 890-8562 or jhilgers@uwhealth.org.



UW Health Pediatric Fitness Clinic
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UW Health Pediatric Fitness Initiative

The Pediatric Fitness Clinic is the clinical component of the UW Health Pediatric Fitness Initiative whose mission is patient care, research, community outreach and education. UW Health is committed to serving as a statewide resource for families, physicians, schools and local communities to promote increased activity and healthy nutrition in children.

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