

Teen & Parent Lifestyle Programs, King County

Weight Programs:

[20/20 Kids](#) is a physician-supervised 12 week program offered to help 7 to 17 year olds lose weight, and feel healthier and happier. Contact (425) 861-6218.

Health/Wellness Programs:

[Strong Kids/Strong Teens](#) is a nutrition, activity and self-empowerment program for children 8-11, or teens ages 12-14, and their parents. Contact: (206) 987-2396.

[Austin Foundation](#) provides fitness training, health education and nutrition awareness programs to youth in greater Seattle region. Contact: (206) 381-1839.

General Teen Programs:

[Seattle Parks & Recreation Programs](#) offers sports programs and special events for ages 6-14. Contact: (206) 233-3979

[YMCA Programs](#) youth health and wellness programs which not only build strong bodies but also help build self-esteem. Contact (206) 382-5003

[Boys & Girls of King County](#) offer fitness and health programs for youth. Contact (206) 436-1800.

Parent Programs:

[Bodyworks](#) is a program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Contact: (206) 615-3667.

This flyer was created by Seattle Quality of Life Group, Department of Health Services, School of Public Health and Community Medicine, University of Washington. If you have suggestions for programs or how to make this flyer more useful, please contact Anne at (206) 616-6977 or qlt@u.washington.edu

