

Meet the Healthy Habits Team

You will be well taken care of by our experienced staff of pediatric specialists.

Your Healthy Habits Team will consist of General Pediatricians, Registered Dietitians, Health Psychologists, Exercise Physiologists, Endocrinologists, Gastroenterologists, and Diabetes Educators.

Intake Visit



- 1 Program Orientation
- 2 Screening Tests / Bloodwork
- 3 Healthy Breakfast
- 4 Healthy Habits Session I : Goal Setting
- 5 Comprehensive Medical Exam

Follow-up Visit

- 1 Check in at Base Gym
- 2 Group Physical Activity
- 3 Healthy Habits Education
- 4 Peer and Family Support



Walter Reed Bethesda
General Pediatrics

Healthy Habits

Changes for Life

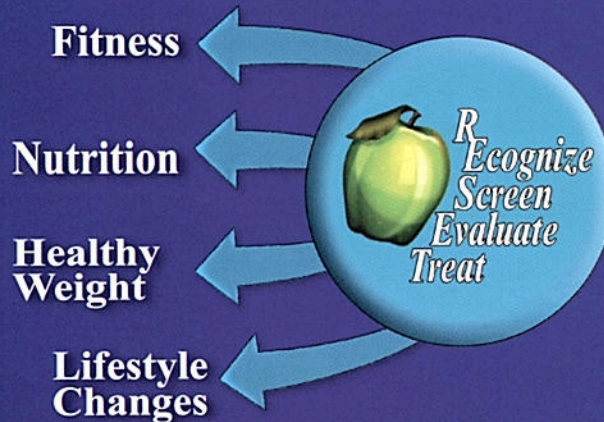
The Healthy Habits Clinic's innovative 10-month program for families incorporates nutrition, education, exercise, behavioral health, and peer support in a group setting.

Educate to Motivate Change

Childhood obesity is on the rise in the United States. In the last 2 years, nearly 30% of US Army children, ages 2 - 18 years, struggled with their weight.

Our Approach

Focused interventions for pre-teens and teens, 10-18 years of age, struggling with their weight.



Interested?

For more information, call (301) 400-1657 or ask your provider.