

# Pediatric Fitness Clinic

**A SPECIALTY CLINIC TO PROMOTE HEALTH AND FITNESS FOR CHILDREN AND TEENS**

**One in three children are overweight and unfit, increasing their risk of diabetes, hypertension, and cardiovascular disease. However, many of these complications can be avoided if treated early. Our dedicated team of UW Health professionals can help.**



## **ABOUT THE PROGRAM**

The UW Health Pediatric Fitness Clinic is a unique collaboration between UW Health Sports Medicine and the American Family Children's Hospital. The clinic is designed for children between the ages of 5 and 18. Our team of physicians, nurses, exercise physiologists and registered dietitians will develop an individualized plan to address weight, fitness and medical concerns.

## **GETTING STARTED**

The initial appointment(s) will include the following evaluations:

- **Health assessment** – The physician performs an initial health assessment and physical exam to evaluate medical status, assess the reasons for weight gain and evaluate the increased risk the child may have for associated medical complications.
- **Body composition** – A whole body scan will be performed to evaluate and track changes in the child's muscle, bone and fat.
- **Exercise** – The child will walk on a treadmill in order for staff to assess cardiovascular fitness. Using the results, our exercise physiologist will develop individual goals and a personalized exercise prescription and fitness program.
- **Nutrition** – A registered dietitian will review the child's current eating patterns and food habits and develop realistic goals for healthy balanced eating.

## **FOLLOW-UP**

Follow-up visits are scheduled every 1-3 months with members of the team to monitor progress and review goals.

## **AFTER SCHOOL EXERCISE PROGRAMS**

We offer fun after-school monitored exercise programs three days a week for children in our program. Classes are held in our exercise science lab or indoor swimming pool.

## **INFORMATION AND APPOINTMENTS**

The Pediatric Fitness Clinic is located at UW Health Research Park Clinic, 621 Science Drive, Madison.

Most health insurance plans cover visits to the Pediatric Fitness Clinic. Contact your insurance provider for specific benefit information.

**To schedule an appointment, call (608) 263-8850.**

For specific questions and additional information, call our nurse at **(608) 890-8562** or visit **[uwhealthkids.org/fitkids](http://uwhealthkids.org/fitkids)**.

*–Meet the team on reverse side*

**UW**Health

**[uwhealthkids.org/fitkids](http://uwhealthkids.org/fitkids)**

# Meet the Pediatric Fitness Clinic Team



**Alexandra Adams, MD, PhD**  
Assistant Professor,  
Department of Family  
Medicine



**Aaron Carrel, MD**  
Associate Professor,  
Department of Pediatrics  
Medical Director Pediatric  
Fitness Clinic



**Blaise Nemeth, MD**  
Assistant Professor,  
Pediatrics and Orthopedics



**Randy Clark, MS**  
Clinical Exercise  
Physiologist  
Pediatric Fitness Clinic  
Manager



**Judy Hilgers, RN, BSN**  
Nurse Clinician



**Amy Mihm, MS, RD, LAT**  
Registered Dietitian  
Licensed Athletic Trainer



**Marcy Braun, MS, RD**  
Registered Dietitian



**Cassandra VanDerwall, MS,  
RD, CD, CPT**  
Registered Dietitian  
Certified Personal Trainer



**Ellen Houston, MS**  
Clinical Exercise  
Physiologist



**Diane Scherschel, BS**  
Clinical Exercise  
Physiologist



**Jodi Oster**  
Aquatic Coordinator