



iTeen

interlinking Technology. Education. Exercise and Nutrition

iTeen is a research program just for girls and their parents/guardians to help you learn more about living a healthy life. It is a free 6 month program at the University of Massachusetts Boston that teaches girls ages 11-13 how to eat healthier and have fun exercising.



For the first four months, you and your child get health information and your child participates in an exercise program at **GoKids Boston**. GoKids has tons of fun exercise equipment, like Dance Dance Revolution, Wii, weight training machines, and bikes with virtual trails! During months 5 and 6, you and your child get health information and tips over the Internet.

To be eligible, your child needs to be a girl, between the ages of 11-13, have a body mass index (BMI) above the 85th percentile, have Internet access, and have a parent willing to participate.

To see if you and your child are eligible and to learn more,

call us at **617-287-7346**

or email us at **iteen@umb.edu**



is located on the UMass Boston campus. www.gokids-boston.org



