

Acceptance Criteria

Checking "yes" to at least two of the following statements may indicate that your child is eligible for our program.

- BMI of 25 or higher
(weight in pounds x 703 divided by height in inches, twice)
Example: $120 \times 703 / 58 / 58 = 25.07$
- Has only one or two friends to hang out with
- Does not participate in any school or other organized physical activity.
- Prefers to eat unhealthy meals/snacks or has a very limited dietary regimen
- Does not know how to ride a bicycle
- Screen time (TV, computer, video games) averages more than three hours per day.
- Doing poorly in school academically or emotionally



This program is geared towards kids who could benefit from increased physical activity, who are considered to be medically overweight, or who have limited social skills.



Listening is a non-profit center whose mission is to promote wholistic health and wellness for the Central Massachusetts community.

35 South St., Barre, MA 01005
978-355-3501
listeningwellnesscenter@gmail.com



Debbie is a Masters level clinical social worker who has worked extensively with both adolescents and adults for over 26 years. She is an avid bicycle rider who has ridden in numerous charity rides and in three triathlons.

978-257-8062, ext. 0
Debbie@DebbieEnis.com

Worcester Earn-a-Bike

Worcester Earn-a-Bike is a non-profit community based bicycle program. Their mission is to teach fun, affordable bike repair to neighborhood youth and community members by providing tools, instruction, and repairable bikes and parts. They encourage bike riding as an empowering, economical, and healthy alternative to car culture.

4 King Street, Worcester, MA
worcesterearnabike.org

We are grateful to both Baystate Mary Lane Hospital in Ware and Saint Vincent's Hospital in Worcester for their generous grants, without which this program would not be possible.



A hands-on health & wellness program

Wheels in MOTION

A six-week
Bicycling & Nutrition Program
for kids and their families
who could benefit from
improving their
**physical well-being
& social skills**

Wheels in MOTION

The Program

Youth participants will meet for two hours, once a week, for six weeks, to learn bicycling skills, safety and maintenance, and to go on rides on local bicycle trails. Each child will have the opportunity to choose a used bicycle through the Worcester Earn-A-Bike program, which they can keep at the conclusion of the program.

While the children are biking, parents will gather in the kitchen of the Listening Wellness Center to learn about nutrition and prepare snacks and meals based on sound nutritional guidelines. After the bike ride, families will dine together and discuss what they have learned.

Program Dates/Times

We run two to three sessions per season. Call or visit the "Events" page at www.DebbieEnnis.com for upcoming session dates.

The Program Provides

- bike, helmet, water bottle (to keep)
- cooking classes for accompanying adult
- transportation to and from rail trail
- riding skills and bicycle repair class
- meals and snacks that the adults prepare



active fun

Added Benefits

- Parents enrolled in this program can obtain their own bicycle via the Worcester Earn-A-Bike program by volunteering only 5 hours rather than the usual 10 hours
- Bike racks to borrow free of charge
- Increase your child's level of physical activity
- Chance to win a \$50 gift certificate to a local restaurant or grocery store
- Opportunity to have your child improve his/her social skills

The Details

Kids between the approximate ages of 8–16 are invited to participate.

An accompanying adult must participate in the nutrition portion of the program (the cooking classes).

Child's personal care physician (PCP) must complete a health form prior to acceptance into the program.

Accompanying adult must agree to complete pre and post surveys.

Fee and Registration

\$60 per adult/child pair • \$30 for additional child
Families eligible for free/reduced school lunch pay \$10/\$15; no one turned away for lack of funds.

To register please contact:

Debbie Ennis, LICSW
978-257-8062, ext. 0

or

Listening Wellness Center
978-355-3501



Program Staff

Program Director, Debbie Ennis

- Masters level social worker with her own private practice
- Has been working with children and families for over 26 years
- Is an avid bicyclist, has competed in three triathlons and a duathlon, and has participated in numerous charity bike rides
- CPR and First Aid certified

Cooking Instructor

- Well versed in nutritional guidelines
- Serve Safe Certified
- 5 years experience as a culinary instructor with young people

Ride Assistants

- Avid mountain bike riders
- CPR and First Aid certified
- Knowledgeable in bicycle maintenance and riding safety
- Skilled in working with children

nourishing foods

new skills