

HEALTHY LIFESTYLES



The Healthy Lifestyles Committee promotes healthy living for staff and patients of the Herman & Walter Samuelson Children's Hospital at Sinai inpatient unit. The committee consists of nurses, physicians, child life specialists and other providers who help patients with healthy meal and exercise choices. Physicians or patients can request a 'healthy lifestyles consult' on a patient, and a nurse-managed protocol is instituted. The protocol includes a review of how to select a balanced meal, help with reading food labels, physical activity recommendations and internet resources. Patients receive a colorful booklet that is theirs to keep. Fun physical activities are available in our playroom for interested patients and staff. The committee also develops monthly themes and activities for the unit. Activities include healthy recipes with food samples, food label reviews, learning to master stress, the Olympics challenge, massage, and exercise options.