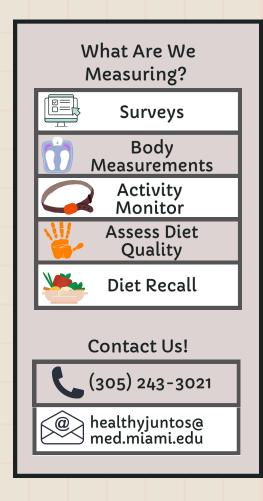


## TIMELINE









Parent

s 50

Teen **15** 

Parent 55

Teen

Teen 25

20

### Randomization will lead you down one of these

# 2 PATHWAYS

Healthy Juntos Program



**Healthy Juntos App:** 

- 11 weekly modules
- Each module: 20-30 minutes
- Duration: 6 months

#### FitBit:

Receive a FITBIT to monitor your physical activity. You get to keep it!



Healthy Lifestyle Coach: (15-30 minute meetings)

- Months 1-3: Weekly Meetings
- Months 4-6: Monthly Meetings



Available
Health Apps &
Resources



#### **Nutrition Apps:**

- LifeSum
- Yummly
- Fooducate



#### Fitness Apps:

- MyFitnessPal
- Wokamon
- ASICS Runkeeper



#### Online Resources:

- The Centers for Disease Control & Prevention (CDC)
- Salud America!
- USDA MyPlate
- KIDS HEALTH

and more!