



Operation Get FIT

Family, Individual, Team

Wayzata Children's Clinic is introducing a program for our patients who want to improve their health and fitness.

Patients and families will work closely with providers at frequent visits to improve the patient's overall health.

Each patient will receive a program binder with individualized guidance on exercise, nutrition, the medical aspects of healthy weight, recipes, and more.

Ask your provider or stop by the front desk for more information.