



Junior Camp

A PROGRAM TAILORED
TO THE NEEDS OF YOUR CHILD





One of the most significant public health problems of today's society, both in adults and children, is obesity. It is the second most common cause of death that can be successfully prevented. Epidemiological studies indicate an alarming increase in child obesity in the past 40 years and it has increasingly been called an 'obesity epidemic'. Latest research suggest that the situation is highly alarming. Globally, every third child today is obese or has a risk of obesity and requires medical care and treatment.

The first step is certainly to set the diagnosis of obesity, initially by: calculating the body mass index, clinical examinations and laboratory tests to identify the type of obesity as

well as possible side effects, and whether the cause is hormonal or genetic. The second step is to safely determine individualised weight-loss program which leads to the new healthy lifestyle habits.

It is extremely important to recognise obesity in your child as early as possible. The side effects can vary from high blood pressure or elevated blood cholesterol, which lead to other significant health problems such as hypertension, atherosclerosis, type II diabetes, steatohepatitis, sleep apnea caused by upper respiratory tract obstruction. In 10% of children even the development of depressive disorders are present. The scientifically proven claim that



an obese child becomes an obese adult is additionally worrisome. It is believed that 25% of obese pre-school children will become obese adults. At age 6 to 10 the rate is 50%, and over age 11 the rate is 80% for obese children who become obese adults.

Early diagnostics and a team effort of a psychologists, nutritionist, pediatrician subspecialised in pediatric

gastroenterology, hepatology and nutrition, specialist physiatrists, internist cardiologists, kinesiologist and physiotherapists are the prerequisites for obtaining results. In addition to an interdisciplinary therapeutic approach, parent cooperation as the support for the child is key. Ultimately, the goal is a lasting lifestyle change, by maintaining regular check-ups from parents and our experts.



Values

Healthy Living by Iva Brozičević Dragičević

Efficiency

We are dedicated to each client individually, with an aim to be efficient! Efficiency depends on mutual understanding. Our wish is that our clients and patients understand that everything we do – we do for them, to achieve their goals.

Dedication

Dedication is imperative for success! Dedication depends on the desire of the client whom we motivate and inspire to reach the set goal together.

Friendship

The individual approach, working in small groups, make communication open and turns it into new friendships that we are particularly proud of. Our clients are valuable part of our great family.

Tradition

20 years' tradition is a guarantee of our professionalism, ethical standards in approach to each patient, knowledge and state of the art technology, skills and methods, but above all, our team work. 30 years' business tradition of our main partner Clinic Terme Selce, established by prim. Vlasta and Ivan Brozičević, as the first private physical medicine clinic in Croatia, plays a great role in this program.



Love

The IBD program is a fully personalized approach to business. IBD is an abbreviation of my name and surname – Iva Brozičević Dragičević. As a wife and mother of two boys, I know that all life challenges are triggered by love. Love towards my work, moves our employees, medical teams and the users of our services.



Junior Camp

Methodology

With us **you can do more**

When I entered the world of psychology, studying in USA, I started wondering how I could give something new and different to my community, not just individuals, through creating new habits and a healthy way of live.

As parents, we are witnessing the transformation of our living habits. We lack time not only for ourselves but for our loved ones, our family and friends. New technologies change our lives for the better constantly and daily, but they also have a negative effect on the lives of our children. As we are becoming more and more aware of healthy eating, recreational sports and physical activity, teenagers have become addicted to games on computers, tablets and mobile phones.

It comes as no wonder that obesity occurs in children and young people as one of the diseases and side effects of a modern lifestyle. The Health Living by IBD Junior Camp is the first program in Croatia specialised for children and teenagers with the aim of accepting new habits and healthy lifestyle, with the support of my expert team and their parents. This program is the result of 20 years' experience in the field with my supporting team.

We look forward welcoming you!

M.Sc. Iva Brožičević Dragičević, prof.

A handwritten signature in black ink, appearing to be the initials 'IB' with a stylized flourish.

Our weight-loss program is highly individualised. It is applied in small groups of up to 6 -10 children, accompanied by one parent.

The program lasts for 10 days during which medical exams, testing and controls are provided daily, with continuous support by a psychologist and a whole team of 26 experts.



Program 10 days Junior Camp

- Program to long-term healthy habits
- No risk to your child's health
- Full-day unique specialized medical program
- Positive and motivating atmosphere



Advantages of **Healthy Living by IBD** program

- Daily tests and continuous psychological support and recommendations
- Permanent nutritionists' support, monitoring progress and recommendations
- Specialists' medical check-ups
- Individualised mediterranean meals
- Educational workshops for children and parents
- Follow-up at the Terme Selce Health Clinic



10 days to long-term healthy habits

Our team of experts has analysed the existing weight-loss programs in the world and their potential risks. By keeping in mind the nutritional habits, quality of food on store shelves and school menus, HL by IBD program was created. The program includes 10 overnight stays at a double room for a child accompanied by one parent based on full board.



Day 1

- Arrival and accommodation according to instructions
- Team and program presentation, healthy snack
- Questionnaire
- Individual meetings with a
 - psychologist
 - nutritionist
 - pediatrician
- Anthropometric measurements
- Walking tour
- Mediterranean dinner

Day 2

- Breakfast
- Morning FIT program
- Workshop for the big and small "Sweet without sweets"
- Exercise with a coach
- Lunch
- Rest
- Medical examination by M.D. specialist in
 - physical therapy
 - cardiology
- Circuit training with a coach
- Body walking
- Dinner





Day
3

- Breakfast
- Morning FIT program
- FIT snack
- Exercise program
- Lunch
- Rest
- Afternoon FIT program
- Dinner
- My inspiration

Day
4

- Breakfast
- Morning FIT program
- FIT snack
- Exercise program
- Lunch
- Rest
- Excursion to Vrbnik – island Krk, by boat
 - Sightseeing Vrbnik old town
 - Dinner

Day
6

- Breakfast
- Wholeday FIT excursion
- Return



Day
5

- Breakfast
- Body walking
- FIT snack
- Morning FIT program
- Lunch
- Rest
- Circuit training
- Nutrition workshop
- Dinner





Day
7

- Breakfast
- Morning FIT program
- FIT snack
- Exercise program
- Lunch
- Rest
- Anthropometric measures & activities
- Free time
- Dinner
- Surprise

Day
8

- Breakfast
- Morning FIT program
- FIT snack
- Interactive workshop "Importance of healthy food in everyday life"
- Lunch
- Rest
- Circuit training
- Culinary workshop
- Dinner



- Breakfast
- Morning FIT exercise
- FIT snack
- Exercise with a coach
- Lunch
- Rest
- Final measurements and medical exams
- Marathon for youngsters and parents
- Final dinner, awards and diplomas

Day
9





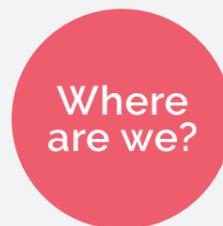
- Breakfast and pull numbers for individual conversation with an expert
- Parents and children individualised talks with a team of experts
- Presentation of the Guide "Nutrition for everyone" and cook book
- Lunch
- Check – out and departure

Day
10



What will you **take home**?

- Recommendations by specialists physicians
- Recommendations by a nutritionist
- Recommendations by a psychologist
- Recommendations for parents: How to actively influence the maintenance of healthy habits in your child?
- Targeted individual training exercises
- An individualised guide "Nutrition for everyone"
- Recipe brochure "Naša mala kuharica" (Our Little Cook Book)



Selce, at Crikvnica Riviera well known for 130 years of health and wellbeing.

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&
partners



TOGETHER WE CAN DO MORE