

Healthy Together Family Wellness Program

Healthy Habits Grow Stronger Together

Offered by the Create Healthy Wellness Center, Healthy Together is a free, evidence-based program that helps children ages 7–11 and their families build nutrition and exercise habits that support long-term health.

Led by a registered dietitian and subsidized by Create Healthy, the program brings families together for:

- Child exercise sessions
- Nutrition education
- Family wellness activities
- Guidance for grocery shopping and meal preparation
- A six-month family membership to the Create Healthy Wellness Center

Families learn how to read food labels, prepare balanced meals, try nutritious foods, stay active, and make realistic changes that fit their everyday lives.

Building Healthy Foundations

By engaging children and their family/caregivers, Healthy Together helps families develop the knowledge, confidence, and routines needed to support lifelong wellness.



Learn more about
Healthy Together at
CreateHealthy.org



2025 Program Impact



8 Families
Participated



11 Children
Completed
the Program



Every child **improved**
their fitness level

Three children achieved weight loss, while eight maintained their weight and avoided additional gain.

“Healthy Together reflects Create Healthy’s broader commitment to building a Hill Country where children and families have the opportunity to live healthy, thriving lives. By investing in practical education, trusted guidance, and access to wellness resources, we are helping families build habits that can strengthen their health for years to come.”

CreateHealthy.org

Jayne Pope
President & CEO
Create Healthy



The Gurrola Family's Experience

Small Steps. Meaningful Progress.

For Maricela Gurrola and her children, Healthy Together made building healthier habits a family experience.

Maricela participated in the program with her daughter, Itzel, and her son, Immanuel. During the program, Itzel lost 5 pounds, gained confidence, made friends, and learned how to read food labels. Immanuel gained 2 pounds of muscle, lost an inch from his waist, and discovered that he enjoyed exercising.

Healthier Habits at Home

The family sessions gave Maricela and her children ideas they could use in everyday life. Together, they:

- Tried new vegetables
- Cooked with whole grains
- Reduced consumption of soda and juice
- Explored healthier alternatives
- Prepared meals as a family

Learning Together

Maricela credits registered dietitian Kim Thornton with helping her family better understand nutrition, food labels, and the importance of staying active.

“Cooking vegetables and trying new ones was fun and, at times, questionable,” she said. “We trusted the process, learned new recipes, and made changes together.”

Healthy Together helped the Gurrola family turn what they learned into habits they can continue building at home.



“My children help me cook, and it’s great because this is so good for them to learn healthy habits. Sometimes they didn’t even realize we had used whole grains. They just said the spaghetti was good.”

Maricela Gurrola

Healthy Together participant

Healthy Families Create Healthier Communities.

About Create Healthy

Create Healthy is on a mission to invest in the health and wellness of the Hill Country and empower its communities to build a healthy future. Create Healthy’s vision is a Hill Country where all can contribute and thrive. Led by Jayne Pope, the foundation is overseen by a volunteer board of directors.

Learn more about our community investments at CreateHealthy.org

