following a sabbatical to McMaster University in 1981, Dr. Oded Bar-Or founded the Children’s Therapeutic Exercise and Fitness Centre in 1983, and this later became known as the Children’s Exercise & Nutrition Centre

THE CHILDREN’S EXERCISE & NUTRITION CENTRE is a family of clinics within McMaster Children’s Hospital

THE GROWING HEALTHY PEDIATRIC WEIGHT MANAGEMENT PROGRAM
This clinical program involves consultation, education and prescription of physical activity, nutrition and lifestyle alterations for children with complex obesity and their families and caregivers

THE PEDIATRIC LIPID CLINIC
We treat children and adolescents with disorders in lipid metabolism (abnormal cholesterol and/or triglyceride levels), many of whom have an underlying genetic abnormality contributing to their lipid disorder and a family history of premature coronary artery disease

THE EXERCISE MEDICINE CLINIC
We offer comprehensive exercise and fitness assessments and physical activity counseling to any children and adolescents with a medical condition

THE TEAM
Clinic leads: PLC and Weight Management - Katherine Morrison; Exercise Medicine - Gita Wahi and Brian Timmons
Nurse Practitioners: Carline Gutierrez and Jane Manayathu Jones
Registered Dieticians: Rachel Dies, Anne Marie Digravio, and Stephanie Tibelius
Exercise Physiologist: Glenn Jenkins
Kinesiologist: Sonya Thiessen
Psychologists: Andrea Markovic and Sheri Nsamenang
Administration: Riddhi Desai and Lyn Fabiani
Clinic Manager: Diane Chandler
Physicians: William Conner, Andrew Don-Wauchope, Katherine Morrison, Zubin Punthakee, Constantine Samaan, Gita Wahi