

The Confident Body Program



A new way to transform your child's health



About The Confident Body Program (CBP)

The CBP is an evidenced-based 6 month program focused on teaching and motivating your child to implement lifestyle changes to lose weight and keep it off for a lifetime. Experience a tailor-made medical weight loss program that yields unbeatable results with or without the use of weight loss medications.



What We Teach: CBP Pillars

Goal setting and accountability: We help your child set personal health goals and keep them accountable through progress tracking and high touch support.

Diet & Nutrition

We educate your child on balanced nutrition, hydration, and healthy eating habits to foster long-term wellness so they are confident in picking the best foods for themselves.

Physical Activity & Movement

We promote regular physical activity and movement to enhance your child's fitness by helping them find activities they can find joy in.

Mindset & Mindfulness

We help your child develop a positive mindset for their health and body image and teach mindfulness practices to support their emotional and mental well-being.

Family Dynamics

We help strengthen family involvement and dynamics to create a supportive environment for your child's health journey.



Crystal McKenzie, CPNP-PC, PMHS, CPC Director of the Confident Body Program | Certified Pediatric Nurse Practitioner | Pediatric Primary Care Mental Health Specialist

With over 17 years of experience in healthcare, Crystal brings a wealth of expertise to her work in pediatrics. As a Certified Pediatric Nurse Practitioner and Pediatric Primary Care Mental Health Specialist, she holds a unique and holistic approach to helping children develop and maintain a healthy weight by recognizing the interplay between mental, physical, and emotional well-being. By integrating evidence-based medicine with compassionate, family-centered care, Crystal is committed to comprehensive medical weight loss and wellness for the young individuals and families who choose the Confident Body Program. Each child works directly with Crystal on a 1:1 basis.

Ready to see the journey towards transformation?

Check out the program details on the other side. >

"I have taken my daughter to numerous weight loss clinics... Once we became members of Life Pediatric Endocrinology, they prescribed the correct dosage of weight loss medication alongside in-depth coaching to create healthier habits. She has lost almost 18lbs, and for the first time, she's not ashamed of her body!"

- Family in Atlanta, GA

Three Simple Steps to Success

1. Consultation
2. Personalized Program
3. Transformation Begins

Our Evidence-Based Package Includes

- Comprehensive medical consultation with our board certified pediatric endocrinologist and board certified pediatric nurse practitioner
- Curated endocrinology review of plans and labs throughout the 6 month program
- Twelve (12) x 45 minute personalized coaching sessions for your child with Crystal Mckenzie, certified pediatric nurse practitioner, via telemedicine.
- 15-20% off Fullscript (highly curated, personalized supplement recommendations based on your child's weight loss and health goals)
- Unlimited messages with your care team
- Collaboration with other healthcare providers, if needed
- Weight loss medication, if necessary

How Our Program Differs

1-1 coaching & teaching sessions between the child and a board certified nurse practitioner

Advocates for and teaches lifestyle changes that are simple and realistic

Gets to the root causes of a child's challenges with their weight

Teaches children how to make balanced food choices and maintain a healthy relationship with food

Assists the child in finding enjoyable forms of exercise they enjoy and can maintain

Proven track record with 100% success in our 6 month Confident Body Program

Finally, you've arrived to a world class program that works.

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