



Fit Kids 360° Basic

If your child is 8- 16 years of age, >85 % BMI, and you and your child are ready to make a commitment to a Healthier Lifestyle then its time for you to join us.

PROGRAM SPECIFICS:

- *Fall & Spring Programs available*
- *Held at the Women' City Club on the corner of Fulton & Lafayette*
- *Held one evening a week for six weeks from 6-8 P.M.*
- *There will be a 2-Hour Kick Off Orientation Night proceeding the 6-week program.*
- *A pediatrician, registered dietician, and exercise specialist will conduct each segment of the sessions.*
- *Each class will address behavior modification, diet, and exercise.*
- *Parents/Support Partners are encouraged to participate in all segments of the class.*
- *Parent/Support Partners are encouraged to participate in the weigh ins.*
- *There is no charge*
- *Transportation is available*
- *Translators are available*
- **MUST HAVE WRITTEN APPROVAL FROM YOUR CHILD'S PHYSICIAN**

*You will receive a form for you to take to your physician to complete.
Your child's physician will receive an end of program summary.*

Dropping out of the program is strongly discouraged. If you or your child do not have six weeks to devote to this program at this time, please wait until you do. If your child is resistant to change, please wait until he/she is ready to commit to living a healthier lifestyle.

To register or for more information, please call Rose at 616-459-4314