



AN INTERACTIVE NUTRITION & FITNESS PROGRAM

WHEN: Thursdays, 3:30-5:30 p.m. | March 2nd, 2017 – May 11th, 2017

WHO: 7th & 8th graders – Students from all schools are welcome!

WHAT: Weekly activities include a healthy snack upon arrival, nutrition lessons, a healthy meal preparation in our FITKids Café, food sampling, fitness lessons & activities.

COST: FREE! Transportation from Charlotte MS via EATRAN also FREE!

WHY: FITKids teaches students how to have fun and be safe while being more physically active and eating healthier foods

PERKS: Students with successful completion of the program (80% participation) will be **awarded a 1-year MOVE Membership!**

PROGRAM GOALS:



Stay In Play – 60 A Day



Re-Think Your Drink



Fuel Up On Whole Foods



Keep Your Balance

Call (517) 543-9575 to register.

*This program has LIMITED ENROLLMENT! Reserve your spot now!
E-mail Deb Dillon, MS, RDN at ddillon@hgbhealth.com with further questions.*