



take steps to improve your family's health

Fit Families will identify health habits they want to improve for their child and/or family

Parents select 1 of 3 common health goals:

- 1** Make Every Bite Count...
More Fruits and Vegetables!
- 2** Move More...Watch Less!
- 3** Make Every Sip Count...
More Healthy Beverages!

- Your efforts to make health changes will be rewarded by incentives or prizes for your participation! Incentives will be given at enrollment, month 3, month 6, month 9, and month 12.
- A Fit Families Coach will provide monthly contacts by phone, email, or in person, to provide support as you make these lifestyle changes.
- You will also receive monthly newsletters.

The Fit Families Program is for families with children between 2-4 years of age.

Enrolling now!
Contact Mercie Gordon



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- (1) mail: U.S. Department of Agriculture
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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Your fit families Coach for Red Cliff is

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For more information or to enroll, please contact Mercie Gordon, Miigwetch