

# Fit To Be Kids®

Empowering Kids to Lead a Healthier & Wholesome Lifestyle



## REFERRALS

A child does not need a medical referral (Rx) to attend the program. We do however require clearance from a pediatrician to participate.

## PROGRAM COST

Fit To Be Kids® is a self-pay program. The fee is \$60\*.

\*Please check with your insurer directly to inquire about any assistance that they may provide for family health programs.

## INFORMATION & REGISTRATION

This program meets weekly  
**Wednesdays**  
10/14-11/18  
7:00-7:45 PM

Contact Susan Swenson  
**(508) 240-7203**  
[sswenson@partners.org](mailto:sswenson@partners.org)

## See the Difference...Experience the Change

Fit To Be Kids® is Spaulding's unique program designed to educate children and their families about physical fitness, nutrition and mindfulness through group activities and active learning. This **virtual** program offers more flexibility and ease of participation through remote connection.

The program, designed especially for children K-8, meets once a week for 6 weeks. Each 45-minute session combines education and exercise in a fun and family oriented way. Our interdisciplinary team of clinical professionals will provide coordinated, comprehensive care to help families better integrate healthy lifestyles into their social, academic, and leisure roles. The team strives to help participants establish habits that help form the basis of permanent change and wellbeing long-term.

### Week 1

- Nutrition 101
- Balance Games

### Week 2

- Planning Meals & Snacks
- Kickboxing

### Week 3

- Eating Out & Eating Behaviors
- Circuit Training

### Week 4

- What is Mindfulness?
- Yoga

### Week 5

- What is Stress?
- Zumba

### Week 6

- Setting Personal Goals and Achievements
- Core and Stretching