

Fit & Healthy, KIDSTYLE!

...Keeping Families Fit

A fitness and nutrition program for overweight children ages 8 -11 and their families.

Fit & Healthy, KIDSTYLE! is taught by healthcare and exercise professionals. It offers children and their families tools to help them reach their healthy body weight.

Program Goals:

- Promote physical well-being
- Prevent diet-related health problems
- Investigate how food works in the body
- Discover the impact of daily food choices and physical activity
- Overcome obstacles to healthy eating and exercise

Dates: March 11, 2008 to May 20, 2008

Time: 6:15 - 8:00 p.m.

Location: Greater Manchester Family YMCA

Fee: \$99 per family

(The fee includes orientation, pre & post-course fitness tests, course materials and YMCA Program Membership to allow families to exercise during "Family Time.")

**For more information or to register, please call Cindy Lafond,
YMCA Health and Fitness Director, at 232-8616.**

Fit and Healthy Kids! Developed by Southern NH Medical Center and offered in collaboration with Catholic Medical Center, Dartmouth-Hitchcock Manchester, The Elliot Hospital and The Greater Manchester Family YMCA.

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YMCA

We build strong kids,
strong families, strong communities.

 The Elliot
Live Better!