

EverFit Physical Therapy & Fitness Center

Presents:

EverFit Healthy Lifestyle for Kids



Description of Program

This twelve week program is designed to educate children and their parents in various aspects of fitness and nutrition. It is intended for adolescence between the ages of 9-13 who would benefit from an environment that is comfortable and not intimidating. The lessons will focus on various ways to get in shape and eat healthy in a small group situation that is exciting and fun. The information presented will be shared with the parents at the end of each session.

Sessions Include:

20 minute nutrition lesson

20-25 minute hands-on fitness lesson

10 minute parent follow-up review

Objectives of Program:

- *To provide an environment that makes participants feel safe and not intimidated as they learn hands-on about fitness, nutrition and good health
- *To help familiarize children with the benefits of good health through exercise
- *To establish and maintain healthy eating patterns using the USDA Food Pyramid
- *To help children become aware of healthy foods using the food pyramid and actual food samples
- *To provide children with the tools necessary to eat a variety of healthy food while being aware of portion size

Facilitators Profiles



Trish Hunter has been a personal trainer/group fitness instructor for the past fifteen years for both adults and children. She is an AAI certified Aerobic Instructor. She is also certified in CPR for children and adults through the American Heart Association. In addition, Trish conducts a weight-loss support group and one-one nutrition counseling to aid with weight loss at EverFit Physical Therapy and Fitness Center.

Janet has a Master of Arts Degree in Educational Psychology and has been a special education teacher for over thirty years. She is currently an elementary school guidance counselor.

Janet is an ACE certified personal trainer and a life styles and nutrition consultant. She has worked at EverFit Physical Therapy and Fitness Center for the past two years. She is certified in CPR for children and adults through the American Heart Association.



**Call (856) 829-0015 for more details!
Program will officially begin in early
2009, but you may register
immediately!**