



It's Fun to be FIT!

Each 12-week session is divided into two phases.

Phase One meets twice a week for 90 minutes and incorporates various physical fitness and nutrition education elements. Weekly activities may include rock climbing, yoga, swimming, walking and running. Nutrition education emphasizes the benefits of healthy eating by reading food labels, preparing nutritious meals and maintaining a food/activity log.

Phase Two meets once a week for 90 minutes and an individualized approach to exercising is emphasized. Participants learn to set and achieve their own fitness goals, are introduced to strength training and are provided with a 15-visit recreation pass to be used at any Lakewood Recreation Center.

American Diabetes Association estimates that nearly 33% of children born in 2000 will develop diabetes within their lifetimes. For minority children, that estimate reaches 50%.

Colorado Department of Public Health and Environment found that in 2006 14% of Colorado Kids were overweight. Colorado Children's Campaign, "Childhood Obesity in Colorado: A Growing Problem"

"I heard about FIT from our doctor's office as way for my daughter to lose weight. In the program we learned about serving sizes, how to read food labels and how to keep kids active. The teachers have great ways to get your child motivated."
Melody Cox, FIT Parent

Fun In Training (FIT)

is a 12-week exploratory fitness and nutrition program for youth ages 8-17. Participants learn the benefits of being active and making positive nutrition and lifestyle choices in a fun and energetic atmosphere.

In today's world of fast food, video games and television, more and more children are at risk of becoming overweight or obese. FIT is run by an exercise physiologist, a registered dietician and a behavioral therapist with the goal to reduce the number of overweight children in Lakewood.

In 2005, only about half (54%) of Colorado Children ages 5 to 14 were physically active for seven or more hours per week. Colorado Children's Campaign, "Childhood Obesity in Colorado: A Growing Problem"



Interest Form

To receive more information about FIT, fill out the form below and mail or return this card to Green Mountain Recreation Center. For additional information, contact Debbie Guenther at 303-987-7833 or debgue@lakewood.org.

Parent Name _____

Child Name _____

Address _____

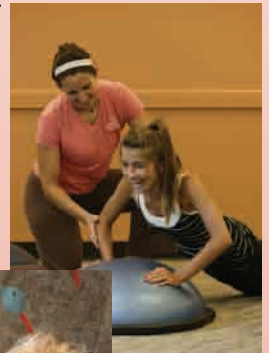
City _____ State _____ Zip _____

Phone _____

E-mail _____

Please return to:

Debbie Guenther
Green Mountain Recreation Center
13198 W. Green Mountain Dr.
Lakewood, CO 80228





"My mom signed me up for Fun in Training so that I could lose weight and feel better about myself. My favorite activities were the rock climbing, swimming and working on the weight machines. I can now read food labels and know what things are best for me to eat. I can run faster now too."

Kimberly Cox, FIT Participant

Tuition

Tuition for the 12-week program is \$250 for Phase One & \$150 for Phase 2 and includes:

- Two 90-minute fitness and nutrition education sessions each week during phase one
- One 90-minute session each week during phase two
- Preliminary fitness assessment
- Personal orientation with a registered dietician and exercise physiologist
- 15-punch visitors pass to any Lakewood Recreation Center
- One year follow-up assessment upon completion of the program

Scholarships

Scholarships are available for students who are currently participating in a free or reduced school lunch program. Please call 303-987-7833 for more information.

FIT Facts

Get FIT together!

Families that play together get FIT together. Parents and guardians are invited to participate along with their children.

Explore something new each week!

Unlike classes where only one activity is offered, FIT encourages children to explore new activities each week.

Energize the body and the mind!

One session each week is devoted to proper nutrition. Participants learn how foods fuel and affect the body and mind.

Build Self Confidence!

Children take an active role in setting personal fitness and nutrition goals, empowering them to make educated and informed decisions about their health.



CARING FOR COLORADO
FOUNDATION

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Lakewood
Recreation

Department of Community Resources
480 S. Allison Pkwy
Lakewood, CO 80226
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www.Lakewood.org

Lakewood Recreation

Fun in Training

Helping kids maintain a healthy lifestyle through physical activity and proper nutrition

