



## AN INTERACTIVE NUTRITION & FITNESS PROGRAM

**WHEN:** TUESDAYS, 3:30-5:30 p.m. - September 15<sup>th</sup> – November 17<sup>th</sup> 2015

**WHO:** 7<sup>TH</sup> & 8<sup>TH</sup> Graders – Students from all schools are welcome!

**WHAT:** Weekly Activities include a Healthy Snack upon arrival, Nutrition Lessons, a Healthy Meal Preparation in our FITKids Café, Food Sampling, Fitness Lessons & Activities

**COST:** **FREE!** Transportation from Charlotte MS via EATRAN also **FREE!**

**WHY:** FITKids teaches students how to have fun and be safe while being more physically active and eating healthier foods

**PERKS:** Students with successful completion of the program (80% participation) will be **awarded a 1-year MOVE Membership!!!**

### PROGRAM GOALS:



**Stay In Play – 60 A Day**



**Re-Think Your Drink**



**Fuel Up On Whole Foods**



**Keep Your Balance**

**Call MOVE at 517-543-9575 to Register**

This program has LIMITED ENROLLMENT! Reserve your spot now!  
E-mail Deb Dillon, MS, RDN at [ddillon@hgbhealth.com](mailto:ddillon@hgbhealth.com) with further questions