



Fit **4** Kidz

**March 10 –
May 21, 2020**

Funded by Valley Health
and the Hampshire Memorial
Hospital Development Fund

 **ValleyHealth**
Hampshire Wellness & Fitness

Rev. 2/20

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Hampshire Wellness & Fitness

Fit4Kidz is a ten week program for children focused on increasing overall health. The program features fun, structured exercise sessions led by degreed exercise physiologists and certified exercise specialists, as well as age appropriate nutrition information provided by a registered dietician. The goal of the program is to provide are youth with a fun, educational experience that will be enjoyable and rouse a desire for a healthy lifestyle that can be fully enjoyed.

Each session will contain physical activity which will rotate between land based and aquatic exercise. Tuesdays will begin with activities on the track and in the aerobics room, followed by the last 15 minutes devoted to nutrition education and activities. Thursday will consist of water based exercise in our pool! Although it is not required, we encourage parents to attend the nutrition education portions with their child in order for your family to gain the greatest benefit.

**Tuesdays and Thursdays,
March 10 – May 21
3:45 – 4:45 P.M.**

- There is no cost to participants.
- Children ages 10-14
- BMI exceeding 60th percentile

This program is underwritten by the Hampshire Memorial Hospital Development Fund.

Land Based Exercise

During the land based sessions on Tuesdays you will get to use the aerobics room and indoor track. We will also use a lot of fun equipment including jump ropes, stability balls, hula hoops, dumbbells, resist-a bands and much more. Some of the activities will include kick boxing, an obstacle course, and kids-only aerobics classes.

Water Based Exercise

On Thursdays, it's off to the pool where we will do a number of activities suitable for all swim levels. You do not have to know how to swim to take part in the fun. In the pool we will play games such as volleyball, basketball and Frisbee. The pool has fun exercise equipment which you will use, such as noodles, dumbbells, kickboards, paddles and steps. You will also get to take part in kids-only water aerobics classes, relay races and more! Don't forget your bathing suit.



Get active and have some fun! Registration

Name: _____

Age: _____ Date of Birth: _____

Height: _____ Weight: _____

Parent/Guardian Name: _____

Phone: _____

Address: _____

Emergency Contact

Name: _____

Phone: _____

Address: _____

Relation: _____

Sign up soon, only 12 spots are available. Your child's spot is not reserved until confirmed by Hampshire Wellness & Fitness.

Questions?

Please contact Sarah Vincent, fitness associate, at 304-822-7255 or svincen2@valleyhealthlink.com