

Fit Kids 360

FitKids360 is a nine-week family healthy lifestyle program. During the program, participants will have fun while learning ways to improve their family's habits, eat healthier, and be more active.

Who is Eligible?

- Children ages 5 to 17
- BMI at the 85th percentile or higher

What does it cost?

Thanks to our community partners, this program is offered FREE to participants!

How does FitKids360 work?

Participants and their family members or support partners will meet together for two hours every week for nine weeks.

- The first session is an orientation where participants will get to meet our team, complete paperwork, receive an information packet, and do a fun activity.
- Sessions two - eight will involve different topics each week to learn basic information about nutrition, behavior, exercise, fun activities like games, dance, cooking and more. Participants will receive information to be able to continue these behaviors and activities following the program.
- The final session is a graduation where participants will complete paperwork and receive a graduation prize!

How do I sign up?

- Ask your doctor to refer you into the program.
- Visit www.parkview.com/well-being/fitkids360
- Call Parkview LaGrange Hospital Community Health at (260) 278-0367.

