

*Why is a healthy lifestyle important?*

Your child's nutrition and activity directly impact their health and well-being now and in the future! Did you know that a healthy diet and a lifestyle filled with activity can improve your child's emotional, behavioral, AND academic performance! *Fit for Life* utilizes lessons learned via the Foundation for Healthy Living's statewide HEAL (Healthy Eating/Active Living) programs to reduce obesity levels and address the short- and long-term health impacts associated with obesity.

Fit-For-Life will consist of activities over the 10-week program that include group classes such as Zumba, spinning, hiking, and yoga; 3-month gym memberships (with possibility of extending!), spring break morning camp with lunch provided, and personalized nutrition sessions for your child. Parents are encouraged to participate in any events that they wish! We will also be offering a nutrition session on grocery shopping- "How to Shop Healthy AND Economically! A "Fit for Life" Facebook page will provide healthy tips and recipes for your family to enjoy and try. (Don't worry if you don't have a Facebook page! We can send copies home to you also!).

Please note the focus of "Fit for Life" is not your child's weight. The focus is on a healthy lifestyle, including activity and healthy eating. The American Academy of Pediatrics encourages at least 60 minutes of physical activity each day in addition to physical education class in school; less than 2 hours of "screen time" per day (screen time includes TV, video games, and non-homework related computer time); and NO sugary drinks (this includes soda, juices, and sports drinks). Your child will have their height and weight (to determine BMI) and blood pressure checked at the beginning of the 10 weeks and the end of the 10 weeks, as well as a pre-evaluation and post-evaluation of nutritional and activity choices.

*Who will be working with my child on their path through "Fit for Life"?*

Rebecca Lozman (see Tiger Treatment Center providers), program director, feels strongly that a child's nutrition and activity directly impacts their health and well-being now and in the future! She comes to the program with a background in public health. She has conducted evaluations of nutrition programs for parents of toddlers in the past. She is an avid skier and hiker. She also enjoys biking, running, and swimming. She enjoys eating healthy well-balanced meals, but also believes in the importance of a good bowl of ice cream. Everything in moderation is her motto!

Samantha (Sam) Rosendahl, "Fit For Life" manager, comes to this program with a wealth of knowledge of child development and child education. She has a BA in Economics, and is a certified elementary education teacher. She is also currently working as a substitute in the Newport school system. She enjoys walking and hiking locally. Her favorite time of year is spring and summer when she can really get outside. She also believes in the motto, everything in moderation and tries to eat a well balanced meal three times a day but enjoys chocolate chip cookies (only a few!).