



INTRODUCING FIT KIDS!

You are invited to participate in this session's FIT KIDS youth fitness program! FIT KIDS was designed to combat obesity and to promote physical activity in our youth. The program focuses on nutrition, exercise, healthy lifestyle choices, and doing acts of good citizenship.

The primary features of the FIT KIDS program includes:

- **JUST MOVE** – Children will be introduced to fun, new strength training exercises, as well as relays and games to increase their cardiovascular fitness.
- **JUST RUN** – Children's mileage will be recorded and entered into the JUST RUN website. They will receive incentive awards when they reach certain mileage totals. Each child will be given a Running Log when they begin the program to record mileage.
- **RUN ACROSS AMERICA** – Group mileage will be recorded on one of the maps on the JUST RUN website showing their progress in their virtual journey.
- **JUST DEEDS** – This aspect of the program promotes good citizenship. Each child who completes 26 miles and performs 26 JUST DEEDS will get to draw from the prize bag.
- **JUST TASTE** – This aspect of the program promotes healthy eating. Each child who tastes, learns about and shares with their family 50 different foods from the JUST TASTE checklist will receive a Superstar Certificate of Achievement.
- **JUST RUN WITH YOUR PARENTS** - There are program incentives for children who run with their parents in order to promote family fitness.

For your child to participate in FIT KIDS he/she will need to return a signed Family & Kid Contract. This form will be provided, or can be downloaded from the Fit Kids Smith Sports website:

<http://fitkids.smithsports.us>.

We will meet two days a week from 4:00-5:00 pm to JUST MOVE. This will take place at either the First Presbyterian Church in Lakeland or the Dimmitt Community Center in Belleair, depending where you have enrolled. We will combine running, stretching, strength training, drills, games, and discussions about healthy lifestyles.

For more information, please contact Ali Molnar at (231) 690-4919 or ali@smithsports.us or Mike Brower at (727) 831-0782 or mikewbjr@gmail.com.

LOOKING FORWARD TO HAVING YOUR FAMILY INVOLVED!