



## Welcome to FIT KIDS!

### **CHILDREN:**

Thank you for joining the FIT KIDS program. If you are in the Lakeland area, we will be meeting on Mondays and Wednesdays from 4:00-5:00 pm at First Presbyterian Church. If you live in the Belleair area, we will be meeting on Tuesdays and Thursdays from 4:00-5:00 pm at the Dimmitt Community Center. If you have not turned in your Family and Child Contract, be sure to bring them next time. Please make sure you are committed to twice weekly exercise with the group, time for the JUST RUN program at home, a commitment to doing the JUST DEEDS and JUST TASTE programs, and a positive attitude!

### **PARENTS:**

Your child will need:

- Comfortable clothes** – we will be indoors the whole time so shorts and a t-shirt are best
- Appropriate shoes** – no platform tennis shoes, running shoes are best
- A water bottle** – with his/her name written on it
- A beach towel** – for exercises that require lying on the ground

During each workout we will be warming up, playing active group games, performing strength training exercises, doing cardiovascular drills, cooling down, and having some talk time.

We are working toward three main goals:

- 1. Learning about and maintaining a healthy, active lifestyle**
- 2. Meeting fitness assessment goals set by your child on the first day**
- 3. Running a total of 26 miles, doing 26 JUST DEEDS, and trying 50 JUST TASTE items**

If your child does not run a complete mile at a time, miles may be recorded in half-mile increments. If a measured distance is not available, each twelve minutes your child runs non-stop (or 20 minutes if walking) may be counted as a mile. A great incentive for running at home with a parent is earning double miles! Each mile that you run or walk together, either after school or on a weekend, will count for two miles.

Your child will be given three log sheets, one for recording mileage run at home, one for recording JUST DEEDS, and one for checking off items they JUST TASTE. A parent must initial mileage, JUST DEEDS, and JUST TASTE on the log sheets for them to be valid. It is recommended that the log sheets be brought to each session so that we can keep their miles, food items, and deeds recorded and updated on the website.

Looking forward to a very successful FIT KIDS program!

Sincerely,  
Ali Molnar and Mike Brower