

It's Food, Fitness and



Feeling Great!!!!

REGISTERING NOW!
Parkside
AFTER SCHOOL
PROGRAM!
Winter 2012 Session

DATE: 2/7 - 4/3
 INFO: TUE - Parkside 2:30-3:30
 THU - Orchard 3:45-4:45
 COST: 7 sessions
NOTE: No Class 3/13; 3/20

FitGirl offers a stimulating assortment of action-packed educational games and concepts that focus on the "total development" of girls **grades K-4**. FitGirl uses time-tested, original activities to maximize participation and involvement. Our goal is to intrigue, engage, and motivate your daughters for years to come!

FitGirl emphasizes the THREE core concepts:

1. Improved Fitness 2. Healthy Eating 3. Emotional Wellness.

"Physical activity early in life helps girls avoid health problems later. We need to take advantage of their boundless energy and free time now." Small changes now can result in healthy habits later. We take a strong stance in favor of quality movement; we **focus on fitness that's fun!**

FitGirl benefits girls of all shapes and sizes, levels and abilities!

Program Goals:

- To motivate girls to move in a fast paced, inspiring setting.
- To provide activities that reinforces the 5 components of fitness.
- To teach innovative, non-threatening, all inclusive games.
- To increase nutrition awareness
- To demonstrate and reinforce good nutritional choices during physical activities.
- To encourage communication, cooperation and personal responsibility.
- To engage girls in brainstorming and critical thinking.
- To raise self awareness and self confidence

**•To Register Call:Katie Isaac at 724.822.7288 : Or Visit: www.fitgirlcamp.com
To join, complete the form below and return it with a check payable to FitGirl Wellness Programs, LLC;
mail to Leah Lambert Dustin 10 Deerfield Dr. Chagrin Falls, OH 44022**

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Name: _____
 Grade: _____ Teacher's Name: _____
 Address: _____
 Phone: _____ Cell: _____ Cell #2: _____
 Email: _____ Parent/Guardian: _____
 Allergies? _____ Medical? _____
 Parent Signature: _____ Date: _____

CALL: 724.822.7288 or VISIT: www.fitgirlcamp.com to REGISTER!