

HEALTHY & FIT FOR LIFE

PARENT & CHILD NUTRITION & PHYSICAL FITNESS PROGRAM

UNIVERSITY AREA DEVELOPMENT CORPORATION
14013 N. 22nd STREET • TAMPA, FL 33613

This **FREE** four-week program designed for children (ages 7 – 15 only) and their parents, will focus on the importance of making nutritious food choices and getting regular physical activity. Join us and learn how to be healthy and fit for life!

Wednesdays for four weeks, beginning March 21, 2012

6:30 PM – 7:45 PM

One parent/guardian must attend with child(ren) ages 7–15 only.

WEEK 1: MARCH 21, 2012

Health Screenings: TGH nurses will conduct blood pressure, glucose, & total cholesterol screenings along with height, weight, & BMI measurements.

Physical Fitness Activity: Presented by a fitness professional.

WEEK 2: MARCH 28, 2012

Developing Healthy Eating Habits in Your Kids: Nutrition lesson for parents presented by a nutrition professional.

Pyramid Power: Interactive nutrition lesson for children provided by MORE HEALTH.

Take 10: Physical fitness activity presented by a fitness professional.

WEEK 3: APRIL 4, 2012

Physical Fitness Activities for Parents & Children: Fitness lesson presented by a fitness professional. Children will receive an exercise item to keep.

WEEK 4: APRIL 11, 2012

Parents Hold the Key to Children's Fitness Success: A lecture for parents presented by a health professional.

Walk Through Heart: Interactive heart lesson for children provided by MORE HEALTH.

Take 10: Physical fitness activity presented by a fitness professional.

- A light meal will be served at the beginning of each class session.
- This program requires a four-week commitment. ■ Parking is free.



CALL (813) 287-5032 TO REGISTER