Class Structure

Fun2BFit uses structured and fun group physical activities to increase energy expenditure.

Fun2BFit will use a combination of:

- Stretching
- Cardiovascular Training
- Strength Training
- Active group games

Children will participate two times per week at the Atrium Family YMCA in age-appropriate, non-competitive activities that will promote the Y core values of caring, honesty, respect, and responsibility into the daily curriculum.

The purpose of **Fun2BFit** is to both reverse the trends of childhood obesity and to take responsibility within our communities in providing programs for youth development and promote a healthy lifestyle to children and their families.

Fun 2B Fit

This program is a collaboration between Cincinnati Children's Hospital Medical Center and the Atrium Family YMCA, supported by a grant from the Anthem Blue Cross and Blue Shield Foundation.

Cincinnati Children's Heart Institute

YMCA Great Miami Valley

Atrium Family YMCA

5750 Innovation Dr.
Franklin, OH 45005

Contact: Damon Knoche
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Program Highlights

Fun2BFit is a program designed to meet the needs of overweight children and their families in their own community.

Children will have the opportunity to participate in 1-hour group exercise sessions twice per week, led by YMCA staff, offered in a fun, non-competitive environment. All activities in the group exercise sessions are tailored to the age and capabilities of the children enrolled.

Additionally, families have the option to attend monthly group education sessions provided by staff from Cincinnati Children's Hospital's Center for Better Health and Nutrition. These sessions include:

- An orientation to the Healthy Eating Plan (HEP) that provides age-appropriate portions and emphasizes intake of whole grains, fruits, vegetables, lean meats, low-fat dairy products and heart-healthy fats. Behavioral tools, such as goal setting, daily tracking, and incentives provided by families are used to help children stay motivated and follow their eating plan.
- Monthly sessions about nutrition, physical activity and medical topics related to childhood obesity—parents are welcome to attend all sessions or only those of interest to them.

Eligibility

Fun2BFit is a program intended for overweight youth **ages 8-13**.

The Atrium YMCA will accept children into the Fun2BFit program based on **physician referral**. The referral must indicate that your child's **body mass index (BMI) is in the 85th percentile or above** for their age and gender.

Please obtain a written referral from your physician and bring the referral with you to the YMCA Welcome Desk to register for Fun2BFit.

Registration and Information

PROGRAM COSTS
$20/month

EXERCISE CLASS SCHEDULE
Monday and Wednesday
6:00 - 7:00pm **OR** 7:00 - 8:00pm

EDUCATION SESSIONS
Healthy Eating Plan orientation (optional)
-For parents AND children to attend
-Sign-up required in advance
-1st Wednesday of month, 6:00 - 7:00pm

Group Education Sessions (optional)
-For parents to attend while children exercise
-No sign-up required
-1st Wednesday of month, 7:00 - 8:00pm

Monthly heights and weights will be obtained for each child on the first Wednesday of the month.