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

the YMCA

Atrium Family YMCA

5750 Innovation Dr.
Franklin, OH 45005

Phone: 513-217-5501
www.gmvymca.org

Physician or Healthcare Provider Referral

Child's Name: _____

Age: _____ Gender: M F

Height: _____ Weight: _____

Does this child's BMI fall within the 85th percentile or above for their age and gender?

Yes No

Signature: _____

Name (Printed): _____

Organization: _____

Program Highlights

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

Children will have the opportunity to participate in 1-hour group exercise sessions 2-3 times per week, led by YMCA staff and 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.

Activities include a combination of:

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

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.

Eligibility

Fun2BFit is a program intended for overweight youth, **ages 7-13**.

The Atrium Family YMCA will accept children into the Fun2BFit program based on a **referral from a healthcare provider**. 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 have your physician or other healthcare professional fill out the referral form on the back of this brochure and bring the referral with you to the YMCA Welcome Desk to register for Fun2BFit.

Information

PROGRAM COSTS

$20/month—2 classes per week
$25/month—3 classes per week

EXERCISE CLASS SCHEDULE

Monday and Wednesday:
6:00 - 7:00pm (7-9 years)
7:00 - 8:00pm (10-13 years)

Saturday, 9:00 - 10:00am (7-13)