



## GREAT MIAMI VALLEY YMCA

### FUN2BFIT

Fun2BFit is a program designed to meet the needs of overweight children (BMI at 85th percentile or higher) and their families in surrounding communities. Children will have the opportunity to participate in 1-hour group exercise sessions one day per week, led by trained YMCA staff, and offered in a fun, noncompetitive environment. All activities in the group exercise session are tailored to the age and capabilities of the children enrolled and include Cardiovascular Training, Stretching, Strength Training and Active Play Games.

- ▶ COST - \$20/month (members), \$40/month (non-members)
- ▶ AGE - 7-13
- ▶ Physician referral is required
- ▶ See local YMCA location for class days/times
- ▶ Child must be in the 85th percentile or higher to qualify

\*To be completed by medical staff\*

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI % \_\_\_\_\_  
(85th % or higher)

Referred By: \_\_\_\_\_

(Name & Title/Practice)



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