

KidShape Winter 2012

➤ **Are you looking to have a healthier family?**

○ **Would you like for your family to be more active?**

▪ **Do you think you and your family could eat healthier?**



**If you answered yes to one or all of these questions,
then KidShape is for you and your family!**



- KidShape is for children ages 6 to 14 who have a high Body Mass Index (BMI) and are looking to have a healthier lifestyle (BMI 85th-95th percentile)
- The program lasts for 9 weeks and the child must be accompanied by a parent or guardian for at least 7 of the weeks
- Two hours once a week is the commitment for the family
- If you have multiple kids to join the class, they are more than welcome to sign up as well
- Classes include eating healthier and cost efficient, being more active and how to do so, and having a positive self-esteem and mental well-being
- This program is taught by certified KidShape health professionals including a Registered Dietitian, Family Counselor, and Exercise Specialist
- The entire family can and will benefit from KidShape for a healthier lifestyle
- Earn \$50 worth of prizes at graduation!!!

For more general information, info on fees, or to sign up
please fill out the reverse and bring this form to

Indiana County YMCA or call at **(724)-463-9622**

Classes Start February 8, 2012 @ Indiana Co. YMCA

Space is limited, so call today!!!

To put Christian principals into practice through programs
that build a healthy spirit, mind and body for all.