

Helping you and your family become healthier one day at a time.

Find your strength.



SPAULDING
OUTPATIENT CENTER
ORLEANS



Fit to Be Kids®

Empowering Kids to Lead a Healthier, Wholesome Lifestyle

Fit to Be Kids® is Spaulding's unique program designed to educate children and their families about physical fitness, nutrition and mindfulness through group activities and hands-on learning.

The program, designed especially for children K-8, meets twice a week for 6 weeks. Each 90-minute session combines education and exercise for a total of 3 hours of healthy learning and activities weekly. Our interdisciplinary team of clinical professionals will provide coordinated, comprehensive care to help families better integrate healthy lifestyles into their social, academic, and leisure roles. The team strives to help participants establish habits that help form the basis of permanent change and wellbeing long term.

PROGRAM OUTLINE

Week 1

- Group Introductions
- Balance Games & Therabands
- Nutrition 101

Week 2

- Yoga & Kickboxing
- Reading Food Labels
- Cravings vs. Hunger

Week 3

- Zumba/Dance and Physioball
- Planning Balanced Meals
- Stress Management

Week 4

- Circuit Training & Hiking
- Eating Out- Healthy Choices
- Taking Control of Eating

Week 5

- Hula Hoops, Agility & Stretching
- Grocery Shopping
- Setting Goals, Facing Setbacks

Week 6

- Crazy Core Day & Scavenger Hunt
- Mindful Eating
- Assessing Progress

All sessions take place 4:00 p.m. at Spaulding Outpatient Center Orleans, 65 Old Colony Way.

REFERRALS

A child does not need a medical referral (Rx) to attend our program. However, we do require clearance from a pediatrician to participate. A school nurse, pediatrician or friend may recommend our program.

Fit to be Kids® is a self-pay program. The fee is \$120. Insurance coverage may be available.

For more information:
Contact Susan at
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or email

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Find us



www.spauldingrehab.org