

Dear Parent,

The YMCA of Metropolitan Atlanta and Children's Healthcare of Atlanta are excited to introduce to you our new educational nutrition and physical activity program called Youth Fit 4 Life.

Designed for kids ages five to eight and nine to twelve, Youth Fit 4 Life is a part of the YMCA after-school program, so your child will get to experience all of the fun and skill building, as a part of his or her regular YMCA Prime Time enrollment.

Youth Fit 4 Life provides a fun way for your child to learn about healthy nutrition and physical activity through daily lessons and activities- all of which are based on research in nutrition, exercise physiology, stress management, and healthy behavior.

You and your family will play an integral role during this program. Each week your child will learn about healthy nutrition and physical activity strategies. Your child will spend time being active and will enhance cardio fitness, flexibility, and muscle strength with movements they can practice at home. In addition, your child will set healthy goals and action plans over the course of the 12 week program, as they continue to enhance life skills that will help them accomplish things they want to do and are willing to work for.

For the nine to twelve year olds participating in the program, we have added two components that will help your child learn to relax and to overcome barriers such as stress. These new skills are deep breathing and progressive muscle relaxation. When your child learns to manage anxiety and physical and mental stress using these components, they experience more self-confidence and better concentration. Ask your child to demonstrate what they are learning each week so the whole family benefits from these important skills.

As a parent, you are your child's first and best role model. Engage your child in conversations about what skills and insights they've enjoyed learning. Ask them what they have covered in Youth Fit 4 Life each week and how, as a family, you can help them work towards achieving their goals.

We are excited to share the next 12 weeks with your child as we all work on establishing healthy habits.

Sincerely,
The Youth Fit 4 Life Team