



Youth Fit 4 Life

STAFF TRAINING

DURING THE TRAINING



NO CELL PHONES OR TEXTING
DURING THE TRAINING OR GAMES



NO SIDE CONVERSATIONS DURING
THE TRAINING OR GAMES



Welcome to Youth Fit 4 Life, a collaboration between YMCA of Metro Atlanta and Strong4Life, the Children's Healthcare of Atlanta child wellness movement.

The YMCA and Strong4Life share a passion to improve the health of children by creating and offering programs that promote healthy habits among families in our state.