



F.I.T. Families In Training

F.I.T. is a class to help you choose a healthier lifestyle and a strong foundation for the future of your family. Phoenix Children's Hospital and our sponsors want you to have 'Healthy Kids' and be 'Healthy Families'.

You choose the topic of discussion and also the physical activity component. Limit 30 per class. Spanish is available if requested. A class takes one (1) hour. No cost to you!

F.I.T. Healthy Eating

(please choose 1)



1. Shapes and Sizes (Food Pyramid)

Use the USDA's Food Pyramid to guide your family into making healthy choices.



2. Eat the Rainbow (Fruits and Vegetables)

Eat more fruits and vegetables to promote good health.



3. Smart Snacking (Healthy Snacks)

Be healthy by combining foods and choosing better options. Ideas on how to get your kids to choose them too!



4. Food to Go (Fast Foods)

How to make better food choices for you and your children when you are eating out.



5. Portion Distortion (Food Portion Sizes)

Compare portion sizes from today to 20 years ago. Learn what is a 'smart' portion is. Easy tricks to remember how much of what.



6. Cheers (Healthy Beverages)

Make better choices for yourself and your kids by knowing what is in popular drinks.



7. Signs Show The Way (Food Labels)

Reading food labels to help make healthier meal and snack choices.

F.I.T. Physical Activities

(Please Choose 1)



A) Play everyday! (Age Appropriate Activities and Play)

Information on different activities that meet the developmental needs of the family.



B) Be Safe (Safety Considerations)

Awareness of pedestrian safety, stranger danger, hydration, sun safety, water safety, helmet safety.



C) The Great Outdoors (Outdoor Activities at Home)

Games and interactive play for your back yard or open outdoor space, the whole family can enjoy.



D) Indoor Play is the Way! (Indoor Activities at Home)

Play and games the family can enjoy in the house when the weather outside is extreme.



E) Park it! (Community Recreation Areas)

Planning and setting aside a time to use equipment and play structures at the local park or school yard.



F) The Local Lowdown (Community Resources)

Learn about resources in your local community that have organized family sports or facilities your family can use.



G) Counting Counts (Pedometers and their Benefits)

Use pedometers to increase awareness of your own physical activity, using times and distance.