

“Fit for Life” Obesity Prevention & Physical Activity Program

(Ron Jones, MS, ACSM Health/Fitness Instructor)



Empowering a lifetime of health today!

VISION: To create a positive and *FUN* learning environment each day that will enable all children of all ability levels to experience the joy of movement and enriched health through physical activity.

GOAL: Empower students to participate in three days of ***moderate-to-vigorous physical activity*** and health/nutritional education per week at \approx 45 minutes per day. Successful students will be able to incorporate a physical activity session of 10-30+ minutes into one weekend day by using their new knowledge, skills, and abilities.

OBJECTIVES:

1. Students will participate in moderate-to-vigorous physical activity *at least 50%* of each class session.
2. Students will *learn healthful eating* habits.
3. Students will learn *how to use health and fitness knowledge* at home to be healthy and physically active.

“Fit for Life” Leaders Will:

- Make healthy physical activity fun for *ALL students!* 😊
- Provide a positive environment where students feel safe and confident to try and experiment with new movement activities.
- Provide an “alternative” fitness experience that does not resemble traditional team sports or other group activities that alienate “non-athletic” or overweight students.
- “Live the health lifestyle” so we can be positive role models.
- Actively participate “with” the students in the physical activities and games.

* Ron Jones (11-21-03)

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 **Get Fit. Be Strong.**