

FitKids360 is made possible with the generous support of individuals and organizations throughout our community.

Forest Hills Pediatrics

Gazelle Sports

Grand Rapids African American Health Institute

Grand Rapids Community College

Grand Valley State University

Health Net of West Michigan

Helen DeVos Children's Hospital Adolescent Clinic

Helen DeVos Children's Hospital Pediatric Clinic

Helen DeVos Children's Hospital Healthy Weight Center

Kent County Health Department

Kent County Medical Society Alliance

Kent Medical Foundation

Mercy Health Physician Partners

Michigan State University College of Human Medicine

Michigan State University Kinesiology

New Balance

Priority Health

Reagan Marketing + Design, LLC

Spectrum Health Healthier Communities

The Downtown Market

UnitedHealthcare

We are for Children

A special thanks to our host locations:

East Paris Christian Reformed Church

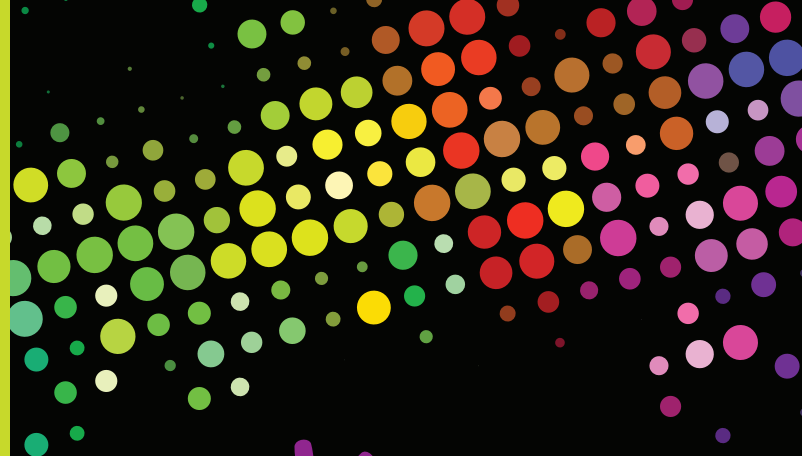
Priority Health

Spectrum Health Zeeland Community Hospital

The Salvation Army Kroc Center



healthnetwm.org/programs/fitkids360



Fit Kids 360

A Program of Health Net of West Michigan



Creating Healthier Communities,
One Fit Kid at a Time



Is your child's doctor worried about his or her weight or body mass index (BMI)?

Are you interested in improving the health of your family?

Are you ready to make a change?

There is a program that can help...

Fit Kids 360

What is FitKids360?

FitKids360 is a seven-week family healthy lifestyle program. During the program you will learn about ways to improve your family's habits, eat healthier and be more active.

Who is FitKids360 for?

FitKids360 is for children ages 5 to 17 and their parents or support partners.


Benefits of FitKids360:

- Fun and free
- Created and led by local health experts
- Free health measures at the start and end of the program
- Free transportation and interpretation if needed
- Report to family and doctor
- Continuing opportunities beyond the program

Please join us.

Please contact the FitKids360 program coordinator at 616.742.8907 or email fitkids360@healthnetwm.org for more information.

healthnetwm.org/programs/fitkids360

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