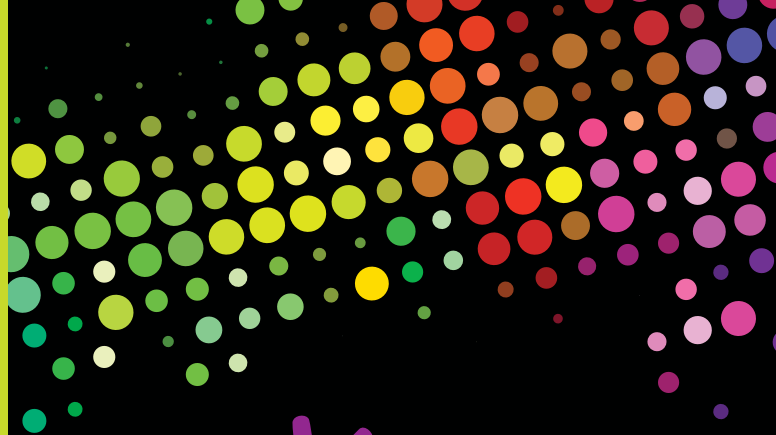


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Claystone Clinical Associates
Cornerstone Clinical Associates
Forest Hills Pediatrics
Gazelle Sports
Grand Rapids African American Health Institute
Grand Rapids Community College
Grand Rapids Public Schools
Grand Valley State University
Health Net of West Michigan
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Spectrum Health Healthier Communities
The Downtown Market
UnitedHealthcare
We are for Children



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
- Report to family and doctor
- Continuing opportunities beyond the program

Please join us.

Please contact the FitKids360 program coordinator at 616.421.4822 or fitkids360@healthnetwm.org for more information.

healthnetwm.org/programs/fitkids360

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