



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY HABITS START YOUNG!

## ENERGIZE!

Program for youth ages 6-11



ENERGIZE! is a program for youth (ages 6-11) identified with a BMI above the 85<sup>th</sup> percentile and their families.

Participants will learn how to:

- Make exercise fun
- Exercise safely
- Make healthy eating choices
- Implement and maintain healthy life-style changes

Due to generous donors from our annual campaign, there is no cost to participate in the program.

\*Includes a complimentary membership for the participant and his/her family for the 12 weeks.

**Oct.1st-Dec. 19th**  
**Tuesday and Thursday**  
**6:00pm - 7:00pm**  
**Ages: 6-11**

**For more information,**  
**contact: Sarah Roudebush**  
**(P) 724-545-9622**