



KidsFit

RWJBarnabas Health, has collaborated with **The New Jersey Institute for Food, Nutrition, and Health at Rutgers University** to address childhood obesity and the health and wellbeing of student populations. KidsFit was developed by RWJBarnabas health dietitians to help enhance your school's existing course work in health, math and science.

The program is effective in improving the food and physical activity health behaviors of 3rd – 5th grade students. You can become a KidsFit instructor and bring this nationally recognized curriculum to your classroom. Register for upcoming KidsFit instructor training seminars and become a wellness champion for your school community!

Curriculum topics include:

- Steps to balancing energy intake and output
- Healthy recipe making for the classroom and home
- Discover how the media impacts and our healthy choices
- Navigating our fast food environment *and More!*

How can you bring this program to your school?



Attend the KidsFit Instructor Training on February 18, 2019

The Instructor training led by a RWJBarnabas Health Registered Dietitians and held at The New Jersey's Institute for Food, Nutrition & Health at Rutgers University in New Brunswick NJ.

The training is complementary!



Cost for KidsFit program materials \$500.00

Certified KidsFit instructors have access to a web-based private portal which includes:

- The KidsFit Instructor's manual with 3rd – 5th grade curriculum
- The KidsFit workbook with activities, recipes and parent education.
- The Healthy School Tool Kit
- Online data base of healthy recipes for the classroom and home

For Registration information contact the KidsFit team!

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