

FOOD

NUTRITIONAL FITNESS



MOVE

PHYSICAL FITNESS



fitTM



MOOD

EMOTIONAL FITNESS



RECHARGE

RESTORATIVE FITNESS

fit incorporates four elements of healthy living. By pulling all aspects of life together in a whole-health fitness approach, children can achieve a **fit**, healthy life.



Mission: **fit** Possible

The **fit** Program is a comprehensive children's wellness initiative that empowers students to be agents of health.

The program approaches each aspect of physical and mental well-being, not only for children and teens, but also for the family unit, when household support is needed to affect change.

Wondering if your child is a candidate for our weight and wellness program? Make sure to ask your pediatrician to conduct a body mass index (BMI) test. If your child has a BMI greater than 85, he or she is a candidate for our program. Visit FloridaHospitalforChildren.com or call (407) 303-5437 to schedule an appointment.

To bring Mission: **fit** Possible to your school, email Fit@FLHosp.org.



AdventHealth
for Children

A part of AdventHealth Orlando

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Mission-fit-Possible.com



SANFORD
WebMD



MISSION: **fit** POSSIBLE

TEACHING CENTRAL FLORIDA'S
CHILDREN TO UNCOVER THE
CLUES TO GOOD HEALTH



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WELCOME TO *fit*!

This fun, age-appropriate resource delivers the tools necessary for your child to live a healthy life. Through *fit*, your child will experience a fun and educational journey into health. Join us on our mission as we strive to make Central Florida's children *fit* possible.

WHY *fit*?

Since 1980, the prevalence of obesity among children and adolescents has almost tripled. Today, nearly 13 million children and adolescents between the ages of two and 18 are obese. These children are more likely to have high blood pressure, high cholesterol and type 2 diabetes. Additionally, obese children have a greater risk of social and psychological problems and of becoming obese adults.

A lack of education and programs targeting health education in schools led to the creation of *fit* which aims to help children and parents understand that an obesity-free life is more than healthy eating and fitness. *fit* teaches whole-life wellness.

The program is an educational partnership between Florida Hospital, WebMD and Sanford Health to promote children's health, nutrition and fitness through online resources for parents,

children and health care professionals. *fit* is an initiative of *Florida Hospital for Children*.

Central Florida is the first community to launch *fit*, providing an opportunity for each of us — parents, teachers and health care professionals — to join together to reduce childhood obesity. Let's make our children healthier and give each child the tools necessary to take responsibility for his or her well-being.

WHAT IS *fit*?

The *fit* approach is comprehensive and teaches children to uncover the clues of healthy living. By pulling all aspects of life together in a whole-health fitness approach, children can achieve a *fit*, healthy life. The *fit* platform features these elements:

FOOD: Nutritional fitness

MOVE: Physical fitness

MOOD: Emotional fitness

RECHARGE: Restorative fitness

The connection between these four elements is the strength of the *fit* platform. As children experience the connectivity of each element to the others, they begin to realize how one weak

area affects the others, just like dominoes. This knowledge encourages and reinforces healthy decision-making.

Through *fit*, your child will attend a series at his/her school, church or community center provided by *Florida Hospital for Children*. The program is hosted by our Mission: *fit* Possible health edutainers, who are dedicated to teaching children healthy lifestyles. Kids will experience a fun and engaging way to learn healthy habits and will even be quizzed and rewarded throughout the process to ensure growth. By the end of the program, we know your child will be more *fit* friendly and will bring home tools the whole family can use to stay *fit*.

LEARN MORE

Visit our Central Florida *fit* website at Mission-fit-Possible.com to experience *fit*. Be sure to visit the parents' page for more information on how you can cultivate your child's healthy habits and encourage him or her to make *fit* a part of each day.

