

# Fit4Allteens

Fit4Allteens is a free, fun and interactive program designed for families with adolescents at an unhealthy weight or with rapid weight gain.

Our eight-week community program is offered in cooperation with the City of St. Petersburg Parks and Recreation.

**Physician referral is required.**

## ABOUT THE CLASS

Fit4Allteens is available to:

- Adolescents age 13 to 18 who have been identified by their physician as being at an unhealthy weight
- Their parents/caregivers and siblings

Families should have reliable transportation and no other attendance barriers.

Closed toe shoes and active clothing is required- be ready to get moving!

## WHAT WE TEACH

We help families learn to make healthy lifestyle choices through hands-on education, fun fitness activities, and technology. Participants can expect to use their smartphone and other tech devices.

Topics include:

- Making healthy snack, meal, and beverage choices
- Portion sizes
- Food label reading
- Family meals
- Age-appropriate exercise and fitness programs
- Using technology for better health
- Strategies for managing stress
- How to achieve more restful sleep



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MEDICINE

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ALL CHILDREN'S HOSPITAL



**FOR MORE INFORMATION OR TO REQUEST REFERRAL FORMS  
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