

fitClub Leader's Guide



What is *fitClub*?

fitClub is an after-school program, brought to you by Sanford *fit*, to teach kids about healthy lifestyle choices. The *fitClub* program consists of 10, 50-minute sessions filled with energizing activities and games that support social and emotional learning and healthy development. *fitClub* activities can easily be modified for various settings or timelines.

Why use *fitClub*?

fitClub provides an engaging environment for kids to learn lifelong habits while having fun and enjoying games in a socially and emotionally safe environment. This program complements physical education and activities to support healthy lifestyles.

Who can participate in *fitClub*?

fitClub was designed for elementary school-aged children in grades 4-6, but can easily be adapted for younger children.

Who can lead *fitClub*?

Anyone can lead *fitClub*! The program is designed to be easily used by community volunteers, child care providers, parents, educators, or anyone that is excited to engage children and inspire healthy lifestyle choices.

Where can *fitClub* be used?

fitClub is perfect for any group setting. Any place with an activity space will work! *fitClub* can be used as part of an out-of-school program or with community groups, church groups, youth sports, at home, and more!

How to Get Started

Get Ready

- Go to fit.sanfordhealth.org
- Select the “Discover” tab, then select “Club” from the menu.
- Read through the Session and Activity pages.
- Download the free resources for each session.
- Review and gather the materials needed.
- Schedule a location and time to host the program.

Get Set

- Review your upcoming session.
- Take note of:
 - The time allotment for each activity
 - Activity purpose and objectives
 - Free printable resources
 - Additional materials the leader may need to provide
- Reference [Grouping Kids to Boost Participation](#) on best-practices for grouping kids and [fitClub Snack Ideas](#) for healthy snack ideas.
- Prepare your space for the session.

GO!

- Welcome everyone to *fitClub*!
 - Introduce the leaders and helpers.
 - Introduce the program format and information about the 10 sessions.
- Jump into your first session!
 - Start with a snack and talk about how nutritious snacks fuel a body and brain.
 - Rock the Talk Time! This is designed to be read word for word.
 - Do the Activity! Don’t be afraid to be a cheerleader or even get involved.
 - Wrap it up! Read the reflection questions to the kids.
 - End with a challenge! Give each kid a Session Challenge to take home.

fitClub At-A-Glance

Session	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6
1 Get to Know the fit Connection	Session 1 Welcome Welcome kids and let them know they will play games and do activities to learn about making healthy choices.	fit Brainstorm Race Kids learn that "being fit" is making healthy recharge, mood, food, and move choices.	Mood Run Kids learn vocabulary to help them express the feelings and emotions that create their mood.	Fitness Challenge Introduce the idea of moving many times and many ways each day as part of a healthy lifestyle.	Simon Eats Kids learn how to use a stoplight as a tool to help them make nutritious food choices.	Stretch and Discuss fit Choices Talk about mood and recharge as influencers of food and move choices.
2 Energize Your Healthy Habits	Session 2 Welcome Welcome kids and let them know that being a part of fitClub will help them learn about healthy choices.	Recharge Brainstorm Race Share ideas about how sleep and relaxation give you energy.	Floating Balloons Play a balloon game to learn that feelings and emotions are connected to healthy choices.	Energy Makers Play a game to learn recharge tips, like sleeping 9-12 hours and screen-free relaxing, to get healthy energy.	Food in The Cupboard Learn about nutritious food choices while playing a game.	Stretch and Discuss Screen-Free Relaxation Stretch and talk about sleep and screen-free relaxation activities.
3 Know Your Mood	Session 3 Welcome Kids talk about how being a part of fitClub helps them learn about healthy lifestyles.	Mood Brainstorm Race Learn why knowing your mood can help you make healthy choices.	4 Corner Charades Kids play a game to practice recognizing different feelings, emotions, and moods.	Choose to Move Run Learn that self-talk is a motivation strategy to reduce screen time and be more active.	Food Relay Learn that recognizing feelings and emotions can help you make nutritious food and beverage choices.	Stretch and Discuss Feelings and Emotions Talk about feelings and emotions while stretching.
4 Healthy Eating Fuels Healthy Habits	Session 4 Welcome Welcome kids back to fitClub and invite them to talk about their healthy choices.	Food Brainstorm Race Kids learn that nutritious food is fuel for their body and brain.	Mood Freeze Tag Learn about how mood influences all kinds of choices—including food choices.	Food Scramble Use a stoplight as a tool to identify the most nutritious food and beverage choices.	Stoplight Classify different foods and beverages using the colors on a stoplight.	Stretch and Discuss Nutritious Foods Do mindful breathing and stretching while discussing healthy eating tips.
5 Make Moving Fun	Session 5 Welcome Kids talk about how fitClub helps them be aware of their recharge, mood, food, and move choices.	Move Brainstorm Race Kids learn about the benefits of movement throughout the day.	Don't Just Sit There Play a game to help recognize different feelings and emotions, then learn strategies to self-manage mood.	Talk and Sing Learn that all kinds of movement—slow, moderate, or vigorous—is good for your body and brain.	Healthy Food Basket Use a stoplight as a tool to make nutritious food choices.	Stretch and Discuss Physical Activity Discuss the many ways you can add movement to your day.

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6 Recharge Day and Night	Session 6 Welcome Kids talk about how being a part of <i>fitClub</i> is helping them learn more about healthy lifestyle choices.	Make Time to Recharge Your Energy Create a recharge plan to get 9-12 hours of sleep and relax throughout the day.	Bedtime Routine Charades Learn to calm the body and relax before bedtime to make it easier to get a good night's sleep.	Make Your Move Kids make a fitness circuit as an easy and fun way to make exercise a daily activity.	Capture the Sugar Learn about recharging energy through sleep and relaxation instead of drinking energy drinks.	Stretch and Discuss Sleep and Relaxation Discuss sleep habits and ways to replace screen time with quiet activities.
7 Motivate Your Mood	Session 7 Welcome Discuss how <i>fitClub</i> is helping kids learn about healthy choices and improving fitness.	My Mood Says Identify different feelings, emotions, and moods to reinforce social and emotional skills that support healthy choices.	Mood Stop Kids learn about being mindful of their mood to support healthy food and beverage choices.	Leapfrog Moves Practice using self-talk for motivation to be active, play, and exercise throughout the day.	Chain Food Tag Help kids to become aware that advertisements are used to influence food and beverage choices.	Stretch and Discuss Self-Talk Talk about mood and how self-talk empowers healthy choices.
8 Think Your Fuel	Session 8 Welcome Talk about how being a part of <i>fitClub</i> is a fun way to practice decision-making skills.	Food Choices Throughout Your Day Identify nutritious foods and beverages, then plan for healthy food and beverage choices.	Food and Mood Relay Give kids healthy eating tips and help them be aware of a mood's influence on food choices.	Food and Move Scramble Kids identify nutritious food choices that give them the best energy to move and play.	Capture the Food Label Introduce kids to reading a food label to know sugar content and the serving size.	Stretch and Discuss Food Choices Discuss tips about reading food labels and making low-sugar food choices.
9 Be Active Every Day	Session 9 Welcome Talk with kids about how they are learning decision-making skills at <i>fitClub</i> .	Put a Little Move in Your Day Get kids thinking about how they can turn play into exercise and exercise into play!	Mood, Mood, Move Practice identifying feelings and emotions, then talk about using movement as a self-motivation strategy.	Fitness Challenge Circuit Create a fitness circuit to replace screen time and increase physical activity.	Know Your Portions Introduce kids to how they can use their hands to help them know portion sizes.	Stretch and Discuss fit Tips Talk about sleep, relaxation, and reducing screen time.
10 Think fit. Be fit!	fit-athon Welcome kids and celebrate all they have learned about making healthy choices.	fit-Hunt Kids recall that being <i>fit</i> is having energy and motivation to make healthy nutrition and physical activity choices.	Human fit-Check Kids practice doing a <i>fit</i> -check to make healthy choices throughout the day.	Bonus Activity Give kids the opportunity to replay favorite <i>fitClub</i> games.	Closing Celebration Award <i>fitClub</i> certificates and challenge kids to help others make healthy choices too!	 SANFORD