

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.