



**ONE IN THREE  
CHILDREN IN  
AMERICA ARE  
OVERWEIGHT OR  
OBESE**

**OBESITY MAY LEAD  
TO CHRONIC  
HEALTH PROBLEMS**

**FUN 'N FIT IS  
DESIGNED TO HELP  
YOUNG PEOPLE  
AND THEIR  
FAMILIES PREVENT  
CHRONIC DISEASE**

**PROMOTES  
HEALTHY  
LIFESTYLE**

# **FUN 'N FIT**

**A FREE WELLNESS PROGRAM FOR  
CHILDREN 8 TO 14 YEARS OLD WITH A BMI  
EQUAL TO OR GREATER THAN THE 85<sup>TH</sup>  
PERCENTILE AND THEIR FAMILIES**

**10-week program will begin on**

**Saturday, May 7, 2016**

**9:30AM-11:30AM**

**RWJ Sports Physical Therapy and  
Performance Center**

Fun 'N Fit seeks to guide and support participants as they make lifestyle changes that will improve their health by reducing the risks of developing chronic disease and obesity.

The program will educate young people and their families about good nutrition, exercise, and engage them in fun, healthy activities. Fun 'N Fit is a 10-week program that meets once a week for two hours.

**TO REGISTER OR FOR  
MORE INFORMATION,  
CALL**

**908-685-2200 ext.  
3436**

**COMMUNITY HEALTH  
DEPARTMENT**

**\*\*Please contact us at least a week  
before the start of the program to  
allow time for medical clearance.**



**UNIVERSITY HOSPITAL  
SOMERSET**