

Mentors Needed!

FitKids360 is recruiting English and bi-lingual Spanish speaking volunteers to serve as mentors and/or instructors (behavioral health, exercise, nutrition) for classes.

FitKids360

- FitKids360 is 7 week Stage II obesity intervention program for children ages 5-17 with a BMI at or above the 85th percentile.
- The program meets one night a week for 2 hours.
- Each week families learn about nutrition, exercise and behavioral health; At least 30 minutes of physical activity is incorporated into each session.
- FitKids360 is for the entire family. A parent/guardian is required and anyone in the family is welcome.
- The program is free and transportation is provided if needed.
- All classes in Kent county are from 6-8pm.

Important Dates

- Orientation at The Salvation Army Kroc Center **Tuesday, 4/3** from **6-8pm**
- FitKids360 starts on **Tuesday, 4/10 - 5/29** from **6-8pm** at The Salvation Army Kroc Center, 2500 Division Ave S, Grand Rapids MI 49503
- FitKids360 en Español starts on **Thursday, 4/12 - 5/31** from **6-8pm** at Burton Elementary School, 2133 Buchanan Ave SW, Grand Rapids, MI 49507

Mentors

- Welcome and engage families
- Support families throughout the program
- Motivate families to reach their goals
- Encourage healthy behaviors
- Help prepare for class
- Must pass a background check

Get Involved

Contact:

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