

**What is FitKids360?**

FitKids360 is a seven-week healthy lifestyle program for children ages 5 to 17 and their parents or support partners. This program combines basic education about nutrition, behavior and exercise with a wide range of physical activities to help participants develop healthy habits, eat better and become more active. It is a great opportunity for DPT students to meet families where they are at and help guide them on their journey towards a healthier lifestyle.

**When in the program is this opportunity available?**

FitKids360 programs are offered throughout the entire year. Specific dates/times/locations can be found on the FitKids360 website.

**Who can participate?**

Any DPT student in good academic standing can participate in this volunteer opportunity.

**Where does this opportunity take place?**

FitKids360 takes place at various locations throughout the community and changes based on program need. Common sites include Mercy Health and The Salvation Army Kroc Center.

**What is the average time commitment for this opportunity?**

- FitKids360- One night a week for 3 hours for a total of 7 weeks
- FitKids360 On the Move- One night a week for 1.5 hours for a total of 10 weeks and 2-3 hours at a local race during the last week.

**Who is the best person to contact to obtain more information on this opportunity?**

Dan Vaughn [vaughnd@gvsu.edu](mailto:vaughnd@gvsu.edu)

**Does this opportunity cost anything to the student(s)?**

There is no cost to students.

**To learn more, click the link below:**

<http://healthnetwm.org/programs/fitkids360>