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?

Todd Sander, PT Department Chair at [sandetod@gvsu.edu](mailto:sandetod@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