



This fall, One 2 One Fitness is opening its doors to a new program called **Fit Generation**. This program, created by Judith Aronson-Ramos, M.D., a Developmental and Behavioral Pediatrician, is designed to help children and families take charge of their health. The program consists of a series of interactive educational classes which utilize nationally recognized obesity prevention techniques and a specially designed curriculum for children and teens of all ages. There are also adult classes which target the family issues which allow destructive patterns to take hold in the family. Fit Generation classes do not involve specific diet plans or supplements, instead they are designed to inform and explore attitudes toward food and fitness that can pave the way to lasting changes. All of these programs incorporate developmentally sensitive techniques which target the underlying issues leading to poor eating habits and inactivity.

All of the **Fit Generation** programs at One 2 One Fitness are four week courses of thirty minute to one hour long classes. Each course incorporates nutrition education and activities for every age. The classes are designed to be entertaining and informative at every age level. There is a course booklet with carefully selected materials for each participant and each class stresses follow up activities for home to help make changes happen.

**Session I Oct 2-23**

**Session II Oct 30-Nov 20**

**Fit Generation for Parents** - 4 weeks of 60 minute classes for parents only. These classes will emphasize how to introduce good nutritional practices into the home, and maintain a family focus on healthy eating and exercise. Some of the issues include: coping with the picky eater, portion control, healthy snacking, the prevention of eating disorders, and weight loss/maintenance without dieting. This course will be offered Tuesdays 9-10AM.

**Little Tykes, Eat Right** - 4 weeks of 30 minute classes for 4-6 year olds Tuesdays mornings between 10:10:30, 10:30-11.

**Fit Kids** - 4 weeks of 45 minute classes for 7-12 yr olds Tuesdays from 5:30-6:15.

**Teen Fit Generation** - 4 weeks of 60 minute classes for 13-21 year olds by appointment either individually or in small groups. Class times to be determined.

Alternate class times may be possible pending interest level and availability.