



Exercise and Nutrition Programs For Children and Adolescents

WAY To Go Kids!

This program takes a balanced approach to eating. The focus is balancing calories for growth while reducing fat and sugar and increasing physical activity each day. Classes include topics of nutrition and structured physical activities.

Family Nutrition and Fitness

This Program is for school-aged children and their families who would like to learn about nutrition, healthy eating, and physical activity. Fun activities and healthy snacks included!

Nutrition Consultation

We will focus on teaching you a balanced diet with a variety of fruits and vegetables, whole grains, low-fat dairy products, lean meats and healthy fats. Many additional topics will be covered.

Teen Wellness Center

The Teen Wellness Center is a supervised, safe place for overweight children and teens to work out and learn about the benefits of healthy eating. The facility offers Hydraulic Strength Training Circuit, Recumbent Bikes, Upright Bikes, Elliptical Machines, Medicine Balls and more.
Hours of Operation: Monday, Tuesdays, and Thursdays from 3:00-6:00pm.

For more information please call (810) 767-5750 ext.5318 or (810) 237-7572.

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