

F. F. I. S. T.

Fit Families In The Southern Tier



**A local program for
overweight children,
adolescents & their
families.**

WHAT IS F.F.I.S.T.?

**A local program for
over-weight children /
adolescents & their families.
The focus is on nutrition &
lifestyle modification to
promote weight loss.**

WHO CAN ENROLL?

**Children & adolescents from
ages 6 to 17 years, who are
overweight and have been
medically cleared by their
physicians. Parent / caregiver
involvement is a must!!!**

HOW DO I ENROLL MY CHILD IN F.F.I.S.T.?

**Contact Southern Tier Pediatrics
if you are interested in
participating @734-2264.
A medical clearance by your
physician is necessary.**

Spring 2011 SESSION

**F.F.I.S.T. is a 8-week program
Fall dates to be announced
Time: 6:00 PM to 7:30 PM**

HOW MUCH DOES IT COST?

**A fee of \$15.00 will be asked to cover
instructional materials. The main cost
is TIME commitment!!!**

LOCATION?

**Ernie Davis Community Center
Corner of 5th & Baldwin Streets
Elmira, NY 14901**

**F.F.I.S.T. is a collaborative
endeavor of the following
individuals / organizations:**

**Economic Opportunity Program
Local Fitness Consultants
Local Nutritionists
Southern Tier Pediatrics**

**F.F.I.S.T. IS BASED ON THE
“TRIM KIDS” BOOK AND
FITNESS PROGRAM.**