

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 your child's
physician if interested. They
will determine eligibility &
make referrals to the
program.

Fall 2010 SESSION

F.F.I.S.T. is a 8-week
program starting in October
(Exact date to be determined)

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.