

# fitClub Leader's Guide



## What is *fitClub*?

*fitClub* is an after-school program, brought to you by Sanford *fit*, to teach kids about healthy lifestyle choices. The *fitClub* program consists of 10, 50-minute sessions filled with energizing activities and games that support social and emotional learning and healthy development. *fitClub* activities can easily be modified for various settings or timelines.

## Why use *fitClub*?

*fitClub* provides an engaging environment for kids to learn lifelong habits while having fun and enjoying games in a socially and emotionally safe environment. This program complements physical education and activities to support healthy lifestyles.

## Who can participate in *fitClub*?

*fitClub* was designed for elementary school-aged children in grades 4-6, but can easily be adapted for younger children.

## Who can lead *fitClub*?

Anyone can lead *fitClub*! The program is designed to be easily used by community volunteers, child care providers, parents, educators, or anyone that is excited to engage children and inspire healthy lifestyle choices.

## Where can *fitClub* be used?

*fitClub* is perfect for any group setting. Any place with an activity space will work! *fitClub* can be used as part of an out-of-school program or with community groups, church groups, youth sports, at home, and more!

# How to Get Started

## Get Ready

- Go to [fit.sanfordhealth.org](https://fit.sanfordhealth.org)
- Select the “Discover” tab, then select “Club” from the menu.
- Read through the Session and Activity pages.
- Download the free resources for each session.
- Review and gather the materials needed.
- Schedule a location and time to host the program.

## Get Set

- Review your upcoming session.
- Take note of:
  - The time allotment for each activity
  - Activity purpose and objectives
  - Free printable resources
  - Additional materials the leader may need to provide
- Reference [Grouping Kids to Boost Participation](#) on best-practices for grouping kids and [fitClub Snack Ideas](#) for healthy snack ideas.
- Prepare your space for the session.

## GO!

- Welcome everyone to *fitClub*!
  - Introduce the leaders and helpers.
  - Introduce the program format and information about the 10 sessions.
- Jump into your first session!
  - Start with a snack and talk about how nutritious snacks fuel a body and brain.
  - Rock the Talk Time! This is designed to be read word for word.
  - Do the Activity! Don't be afraid to be a cheerleader or even get involved.
  - Wrap it up! Read the reflection questions to the kids.
  - End with a challenge! Give each kid a Session Challenge to take home.

# fitClub At-A-Glance

Session	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6
<b>1</b> <b>Get to Know the fit Connection</b>	<b>Session 1 Welcome</b> Welcome kids and let them know they will play games and do activities to learn about making healthy choices.	<b>fit Brainstorm Race</b> Kids learn that "being fit" is making healthy recharge, mood, food, and move choices.	<b>Mood Run</b> Kids learn vocabulary to help them express the feelings and emotions that create their mood.	<b>Fitness Challenge</b> Introduce the idea of moving many times and many ways each day as part of a healthy lifestyle.	<b>Simon Eats</b> Kids learn how to use a stoplight as a tool to help them make nutritious food choices.	<b>Stretch and Discuss fit Choices</b> Talk about mood and recharge as influencers of food and move choices.
<b>2</b> <b>Energize Your Healthy Habits</b>	<b>Session 2 Welcome</b> Welcome kids and let them know that being a part of fitClub will help them learn about healthy choices.	<b>Recharge Brainstorm Race</b> Share ideas about how sleep and relaxation give you energy.	<b>Floating Balloons</b> Play a balloon game to learn that feelings and emotions are connected to healthy choices.	<b>Energy Makers</b> Play a game to learn recharge tips, like sleeping 9-12 hours and screen-free relaxing, to get healthy energy.	<b>Food in The Cupboard</b> Learn about nutritious food choices while playing a game.	<b>Stretch and Discuss Screen-Free Relaxation</b> Stretch and talk about sleep and screen-free relaxation activities.
<b>3</b> <b>Know Your Mood</b>	<b>Session 3 Welcome</b> Kids talk about how being a part of fitClub helps them learn about healthy lifestyles.	<b>Mood Brainstorm Race</b> Learn why knowing your mood can help you make healthy choices.	<b>4 Corner Charades</b> Kids play a game to practice recognizing different feelings, emotions, and moods.	<b>Choose to Move Run</b> Learn that self-talk is a motivation strategy to reduce screen time and be more active.	<b>Food Relay</b> Learn that recognizing feelings and emotions can help you make nutritious food and beverage choices.	<b>Stretch and Discuss Feelings and Emotions</b> Talk about feelings and emotions while stretching.
<b>4</b> <b>Healthy Eating Fuels Healthy Habits</b>	<b>Session 4 Welcome</b> Welcome kids back to fitClub and invite them to talk about their healthy choices.	<b>Food Brainstorm Race</b> Kids learn that nutritious food is fuel for their body and brain.	<b>Mood Freeze Tag</b> Learn about how mood influences all kinds of choices—including food choices.	<b>Food Scramble</b> Use a stoplight as a tool to identify the most nutritious food and beverage choices.	<b>Stoplight</b> Classify different foods and beverages using the colors on a stoplight.	<b>Stretch and Discuss Nutritious Foods</b> Do mindful breathing and stretching while discussing healthy eating tips.
<b>5</b> <b>Make Moving Fun</b>	<b>Session 5 Welcome</b> Kids talk about how fitClub helps them be aware of their recharge, mood, food, and move choices.	<b>Move Brainstorm Race</b> Kids learn about the benefits of movement throughout the day.	<b>Don't Just Sit There</b> Play a game to help recognize different feelings and emotions, then learn strategies to self-manage mood.	<b>Talk and Sing</b> Learn that all kinds of movement—slow, moderate, or vigorous—is good for your body and brain.	<b>Healthy Food Basket</b> Use a stoplight as a tool to make nutritious food choices.	<b>Stretch and Discuss Physical Activity</b> Discuss the many ways you can add movement to your day.

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<b>6</b> <b>Recharge Day and Night</b>	<b>Session 6 Welcome</b> Kids talk about how being a part of <i>fitClub</i> is helping them learn more about healthy lifestyle choices.	<b>Make Time to Recharge Your Energy</b> Create a recharge plan to get 9-12 hours of sleep and relax throughout the day.	<b>Bedtime Routine Charades</b> Learn to calm the body and relax before bedtime to make it easier to get a good night's sleep.	<b>Make Your Move</b> Kids make a fitness circuit as an easy and fun way to make exercise a daily activity.	<b>Capture the Sugar</b> Learn about recharging energy through sleep and relaxation instead of drinking energy drinks.	<b>Stretch and Discuss Sleep and Relaxation</b> Discuss sleep habits and ways to replace screen time with quiet activities.
<b>7</b> <b>Motivate Your Mood</b>	<b>Session 7 Welcome</b> Discuss how <i>fitClub</i> is helping kids learn about healthy choices and improving fitness.	<b>My Mood Says</b> Identify different feelings, emotions, and moods to reinforce social and emotional skills that support healthy choices.	<b>Mood Stop</b> Kids learn about being mindful of their mood to support healthy food and beverage choices.	<b>Leapfrog Moves</b> Practice using self-talk for motivation to be active, play, and exercise throughout the day.	<b>Chain Food Tag</b> Help kids to become aware that advertisements are used to influence food and beverage choices.	<b>Stretch and Discuss Self-Talk</b> Talk about mood and how self-talk empowers healthy choices.
<b>8</b> <b>Think Your Fuel</b>	<b>Session 8 Welcome</b> Talk about how being a part of <i>fitClub</i> is a fun way to practice decision-making skills.	<b>Food Choices Throughout Your Day</b> Identify nutritious foods and beverages, then plan for healthy food and beverage choices.	<b>Food and Mood Relay</b> Give kids healthy eating tips and help them be aware of a mood's influence on food choices.	<b>Food and Move Scramble</b> Kids identify nutritious food choices that give them the best energy to move and play.	<b>Capture the Food Label</b> Introduce kids to reading a food label to know sugar content and the serving size.	<b>Stretch and Discuss Food Choices</b> Discuss tips about reading food labels and making low-sugar food choices.
<b>9</b> <b>Be Active Every Day</b>	<b>Session 9 Welcome</b> Talk with kids about how they are learning decision-making skills at <i>fitClub</i> .	<b>Put a Little Move in Your Day</b> Get kids thinking about how they can turn play into exercise and exercise into play!	<b>Mood, Mood, Move</b> Practice identifying feelings and emotions, then talk about using movement as a self-motivation strategy.	<b>Fitness Challenge Circuit</b> Create a fitness circuit to replace screen time and increase physical activity.	<b>Know Your Portions</b> Introduce kids to how they can use their hands to help them know portion sizes.	<b>Stretch and Discuss fit Tips</b> Talk about sleep, relaxation, and reducing screen time.
<b>10</b> <b>Think fit. Be fit!</b>	<b>fit-athon</b> Welcome kids and celebrate all they have learned about making healthy choices.	<b>fit-Hunt</b> Kids recall that being <i>fit</i> is having energy and motivation to make healthy nutrition and physical activity choices.	<b>Human fit-Check</b> Kids practice doing a <i>fit</i> -check to make healthy choices throughout the day.	<b>Bonus Activity</b> Give kids the opportunity to replay favorite <i>fitClub</i> games.	<b>Closing Celebration</b> Award <i>fitClub</i> certificates and challenge kids to help others make healthy choices too!	 fit SANFORD