

FIT FAMILY COMMUNITY

CREATED BY THE EXCELLENCE THROUGH EXERCISE FOUNDATION

WWW.EXCELLENCETHROUGHEXERCISE.ORG



ATTENTION PARENTS

If you have a child that is inactive, overweight or obese and is an elementary school student, this program is for you. This program will teach you and your family how to help your child lose body fat, become more fit and healthy. It is not a secret that our community is filled with obese children; however the lack of valid resources and information regarding fitness and exercise prevents many families from teaching their kids how to live a healthier life. Fit Family Community will provide you with the tools necessary to get you and your family in the right direction towards the road to a healthier tomorrow.

It is your responsibility (as a parent) to take action today and help your child live a long and healthy life. We are here to help.

REGISTER TODAY

FIT FAMILY COMMUNITY

Why join?

- It can potentially improve your child' s life forever
- You will do everything and anything you can for your child, why not give them the best gift of all...THE GIFT OF GREAT HEALTH
- Keep in contact with many other families that are in the same situation
- A knowledgeable and dependable staff that will do their best to help you and your child

This program will provide

- Tools necessary for you to help your child become healthier and more fit
- Tips and strategies on how to incorporate exercise with their family
- Tips on how to reduce stress and increase energy for you and your child
- Nutritional tips on eating a well balance meal

Membership fee:

- Free

When you register, you will receive FREE

- Bi monthly roundtable meetings to discuss progress and answer any questions from family members at Michael Seril Fitness Studio
- Monthly online/handout informative newsletter
- Monthly hiking trips at local hiking trails with ETE staff
- Online fitness & exercise tips for you and your family

All you need to do is email us with the following questions and answers to become a member

- Name
- Phone number
- Email address
- Why you want to be part of the Fit Family Community? (100 words)
- How old is your child/children?
- What questions do you have regarding fitness and exercise? (100 words)

If you have any questions or comments, email us at
michael@excellencethroughexercise.org
or call Michael at 714-306-9002