

Start a Brenner FIT Academy

Created by the childhood obesity experts from Brenner FIT at Brenner Children's Hospital.

What is Brenner FIT Academy?

- **Six-month**, less intensive version of Brenner FIT, that aims to help families with children, ages 2 to 18, when there are concerns about a child's weight and health.
- **Convenient option** for families to participate in Brenner FIT programs closer to home.
- **Free for families** to participate with no medical referral needed!



What is offered to families?

- **Monthly classes**, including topics on nutrition, meal planning, picky eating, parenting, and many more.
- **Family Fun Nights** where the entire family gets to participate in games and activities together.
- **Phone support**, by a Family Support Specialist, for each family throughout the program. Family Support Specialist will support each family with making lifestyle and behavior changes that will last.

To Get Started:

What Brenner FIT provides:

- Curriculum, training and monthly supervision free of charge.
- Continuous support for the program to continue every 6 months as long as you choose.

What you provide:

- **Funding** for a 20 hour per week Family Support Specialist along with other program expenses. (Estimated at \$15,000 – \$20,000 per year)
- **Hiring** qualities for the Family Support Specialist:
 - Energetic, open minded and organized
 - Work mostly evenings
 - Does not need to be a health and wellness expert
- **Office Resources** including phone with texting capabilities, computer, printer, office supplies.
- **Location and space** for classes that is easily accessible and can hold up to 20-30 families to gather for classes and activities.
- **Strong community support** to help during recruitment, enrollment, and provide childcare support during classes.

For more information:

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