



THE MAHONING VALLEY

healthykids!
COALITION

The Mahoning Valley Healthy Kids Coalition presents
Fitness Lifestyle Challenge

The Fitness Lifestyle Challenge program features fun, non-competitive activities to promote healthy fitness and eating habits, and safe, gradual weight loss, including: obstacle courses, rope jumping, relays, games, swimming, and circuit training. The program, for kids ages 7-15, now offers new incentives to help participants meet their fitness goals.

The Fitness Lifestyle Challenge is free to students and requires a registration form. This form can be obtained at www.akronchildrens.org/healthykids. Complete the form and submit it to Melody Case, Youth Fitness Specialist at Akron Children's Hospital Mahoning Valley Community Outreach, Education and Support Center, Southwoods Executive Centre, 100 DeBartolo Place Suite 115, Boardman, OH 44512. For more information, please contact Melody Case at mcase@chmca.org or 330-729-1391.

Locations

The Mayor Ralph A. Infante Wellness Center

213 Sharkey Drive, Niles • Phone: 330-349-9355

February 10 – March 23, 2016

Wednesdays and Fridays: 6:30 – 7:30 p.m.

Trumbull Family Fitness

210 High Street NW, Warren • Phone: 330-394-1565

February 15 – March 25, 2016

Mondays, Wednesdays, and Fridays: 5:00 – 6:00 p.m.

The Davis Family YMCA

45 McClurg Road, Boardman • Phone: 330-480-5659

February 15 – March 24, 2016

Mondays and Wednesdays: 5:00 – 6:00 p.m.; Thursdays: 4:15 – 5:00 p.m.

Youngstown Central YMCA

17 North Champion Street, Youngstown • Phone: 330-744-8411

February 15 – March 25, 2016

Mondays and Wednesdays: 5:30 – 6:30 p.m.; Fridays: 6:30 – 7:30 p.m.

The Mahoning Valley Healthy Kids Coalition is committed to creating healthy lifestyles for children and is a collaboration of the following organizations: Akron Children's Hospital Mahoning Valley, Mahoning County District Board of Health, Trumbull County Health Department, Junior League of Youngstown, Warren-Trumbull County Public Library, and the Public Library of Youngstown and Mahoning County.

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