



GUIN FIT FAMILY WELLNESS IS COMING TO YOUR COMMUNITY!



Nutrition Education

Our CDC-endorsed curriculum educates children and their families on nutritious eating habits, fostering healthy behaviors and positive outcomes.



Physical Activity Sessions

The Guin Fit Family Wellness program incorporates physical activities, encouraging adherence to CDC physical activity guidelines.



Family Focused Approach

Families are key to the success of the Guin Fit Family Wellness program. We provide sessions and resources for both children and parents/guardians, helping the whole family adopt healthy behaviors together!

About Guin Fit:

Through our CDC REACH-funded Guin Fit program, we partner with local organizations to promote healthy behaviors by implementing sustainable policy, systems, and environmental changes relating to food security, physical activity, and healthy weight programs.

**FREE 12 WEEK WELLNESS PROGRAM
FOR CHILDREN AGES 2-17 AND THEIR
PARENTS/GUARDIANS**

For more information about Guin Fit:

 guinfit@ysu.edu
330-941-4208

 Visit Our Website
www.ysu.edu/guinfit

Made possible with funding from the Centers for Disease Control and Prevention

Don't miss out!! Get your child registered today by scanning the QR code below:

