

Registration Form

Name _____

Date of birth ____/____/____

Address _____

Phone (____) _____

Mother's name _____

Daytime phone _____

Cell phone _____

E-mail _____

Father's name _____

Daytime phone _____

Cell phone _____

E-mail _____

Emergency contact _____

Phone _____

Child's medical conditions _____

Child's food allergies _____

Child's physician _____

Physician's phone _____

____ New participant ____ Returning participant

Please complete the registration form and return with payment (checks made payable to Charles Cole Memorial Hospital) to:

Patrice Levavasseur
CCMH, 1001 East Second St.
Coudersport, PA 16915

For additional information about the program or scholarship assistance, call 814/274-5204.

Welcome to the Charles Cole Family Fitness Challenge!



**CHARLES
COLE** MEMORIAL
HOSPITAL
REGIONAL MEDICAL CARE

What is the Family Fitness Challenge?

The Charles Cole Family Fitness Challenge is a nutrition and fitness program for school-aged children and their families at the Charles Cole Memorial Hospital Wellness Center. The program is modeled after the Family Fitness Program developed by the Penn State Cooperative Extension.

The program for new participants runs for 10 weeks. Weekly sessions alternate between 60-minute sessions for children and 90-minute sessions in which children attend alone for the first 30 minutes and parents join the group for the last 60 minutes. There will also be one Saturday session when the whole family will be invited.

Children will learn how to make healthy food choices and increase their physical activity. Parents will receive information and motivational guidance encouraging them to develop skills that will lead to improved nutrition and physical fitness for their families.

What else does the program involve?

In conjunction with the group program, we recommend individual consultation with a pediatrician and individual/family consultation with a nutritionist. We will measure your child's height, weight, and BMI. If indicated, your child may undergo testing for hyperlipidemia and diabetes.

We will also offer individual and/or small group training with a certified trainer for older children interested in learning more about weight training and conditioning.

Following completion of the 10-week program, participants will be invited to join a maintenance program where they will continue to meet weekly in 60-minute group sessions to reinforce exercise and nutritional goals.

Fall 2008 dates

Children sessions

✓ Thursdays, October 2, 9, 16, 23, 30;
November 6, 13, 20; December 4, 11
from 3:30-4:30 p.m.

Parent and children sessions

✓ Saturday, October 25 (time TBA);
✓ Thursdays, October 2; November 6;
December 11 from 4-5 p.m.

What does the program cost?

The cost of the group program is \$50 for the first child and \$25 for each additional child. The cost includes educational materials and incentives/prizes to help your child and family achieve your fitness goals. The cost of the individual/group training sessions will be determined by the number of participants.

CCMH wants all children to be able to participate. If cost is an issue for your family, partial and full scholarships are available. Call 274-5204 for more information.

Consultations with the pediatrician and nutritionist, as well as any lab work done, will be billed to your insurance. CCMH will work with you to ensure these services are covered prior to having them done.