

Developing a *fit* Mindset



Mission

To engage children,
families, and communities
with accessible resources
and programs to instill
sustainable healthy habits.



About *fit*

- Children's Health and Fitness Initiative at Sanford Health
- Health promotion
- Disease Prevention
- Online resources
 - Create awareness
 - Inspire healthy choices
 - Positive change
 - Impact health and well-being



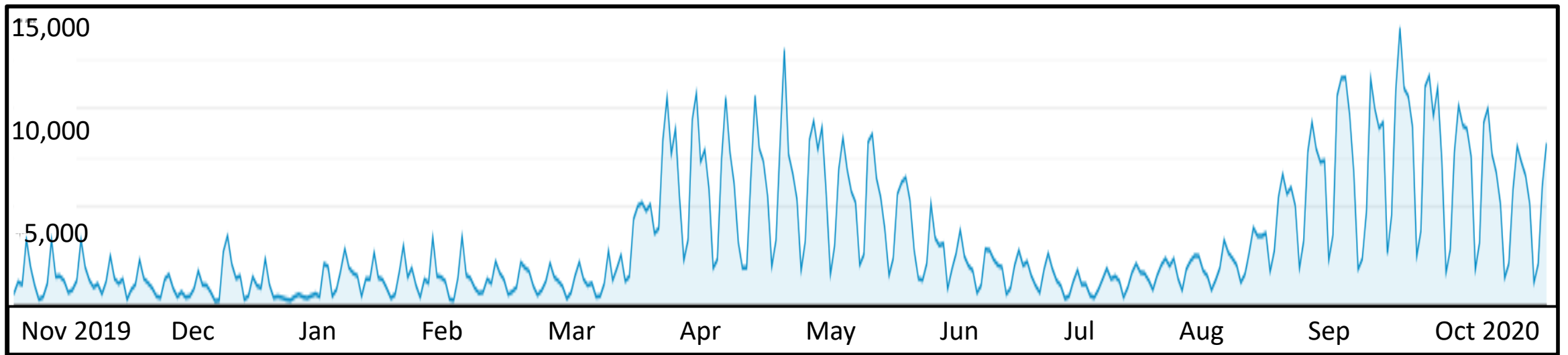
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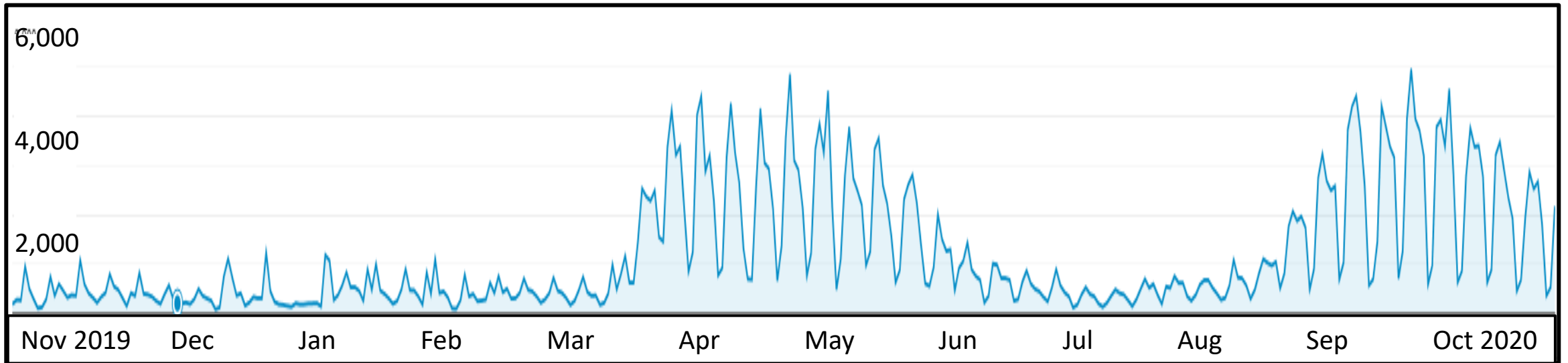
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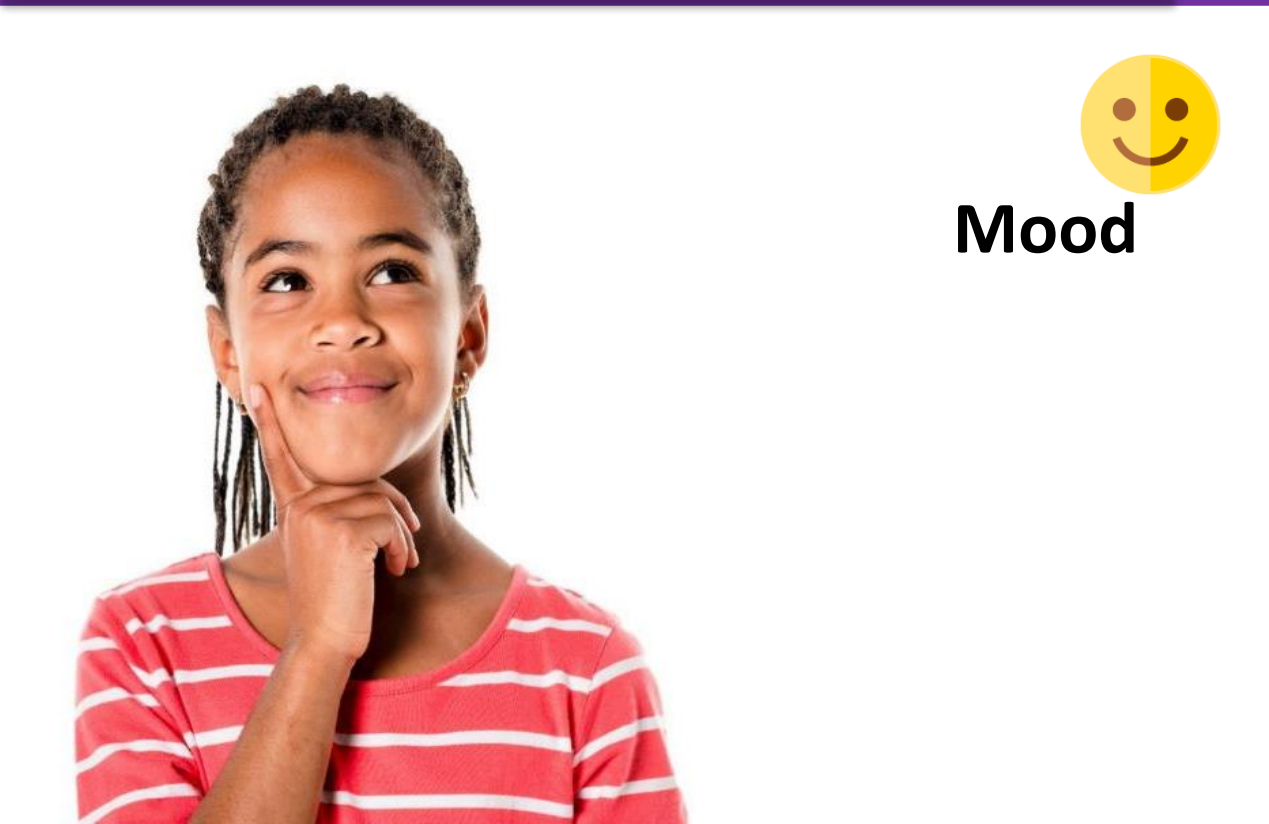
302K USERS **166** COUNTRIES **3.7M** STUDENTS
ACROSS REACHING THIS YEAR!



Recharge



Food



Mood



Move





Captivate. Educate. Activate.

	Captivate	Educate	Activate
How	Engage through: <ul style="list-style-type: none">• Humor• Movement• Puzzle/riddle• Question• Story	Present key information: <ul style="list-style-type: none">• Build awareness• Make relevant to learner• Provide concise facts and ideas to support health behavior change	Prepare for action <ul style="list-style-type: none">• Practice behavior• Apply healthy behavior(s) in authentic settings
Why	Adopt positive and healthy attitudes	Establish behavior norms	Experience benefits of changed behavior(s) Increase confidence and self-efficacy

Social and Emotional Health



- Being mindful of feelings and emotions
- Finding the words to express how you feel
- Self-regulation and coping strategies



Free Resources ▾

Discover

How *fit* Works

About Us

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Be the first to know!

Get helpful tips and FREE resources
delivered to your inbox.

SIGN UP NOW

So Many Reasons to Celebrate



fit's 10 year anniversary so we figured there would be no better way to celebrate than to let our loyal subscribers be the first to see our [new unit](#) [all about sugar in your food and drink](#)! Our newest unit features five lessons to introduce the different ways kids can eat healthy and understand how the amount of sugar they consume impacts their bodies and brains. You can help them learn how to choose foods and drinks to best fuel themselves.

No matter where you are or what your class looks like, our units and lessons are inclusive for all learners. Each lesson or unit can be linked to your virtual class, printed and sent home with your kids, or used in your classroom.

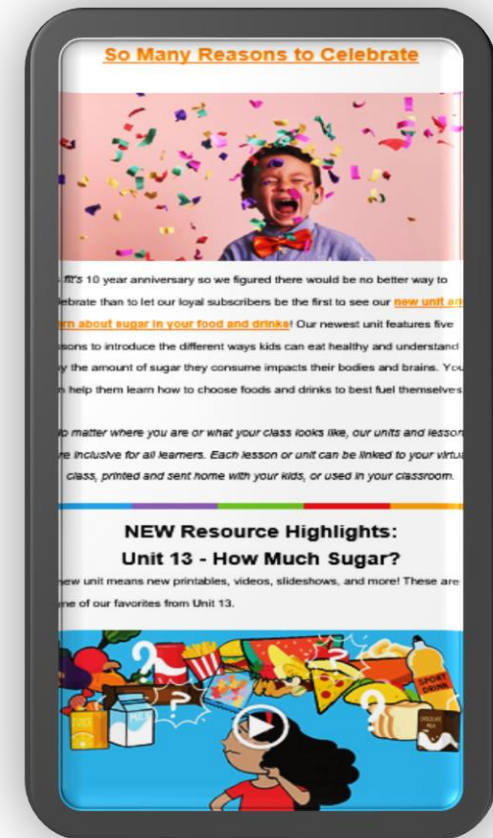
NEW Resource Highlights: Unit 13 - How Much Sugar?

New unit means new printables, videos, slideshows, and more! These are some of our favorites from Unit 13.



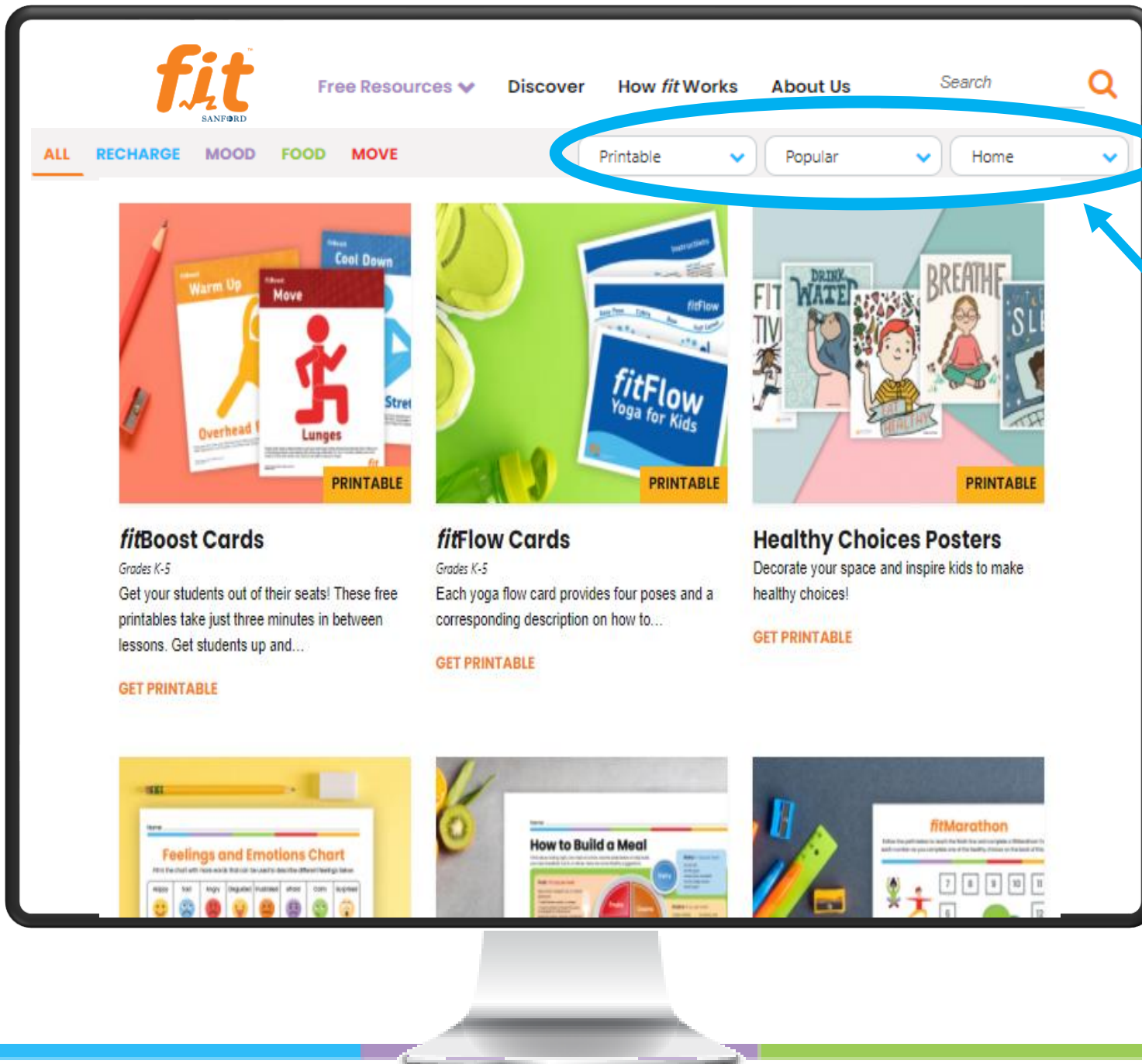
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Discover



Resource

- Activity
- Article
- Club
- Game
- Lesson
- Music
- Printable
- Slideshow
- Unit
- Video

Sort

- Popular
- Most Recent
- A-Z
- Z-A

Setting

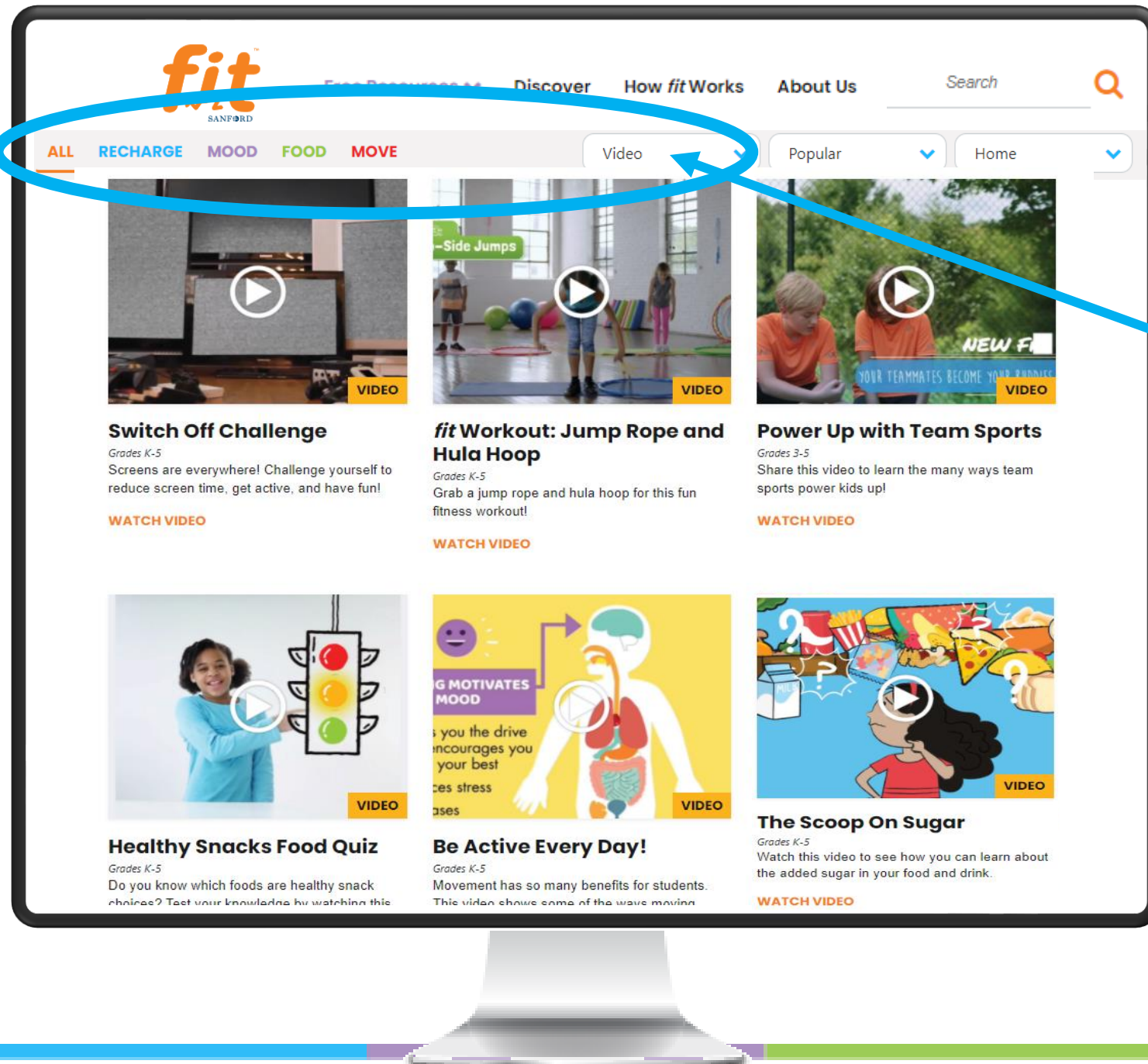
- Afterschool
- Child Care
- Classroom
- Club
- Home
- Physical Education
- Team



Take Action

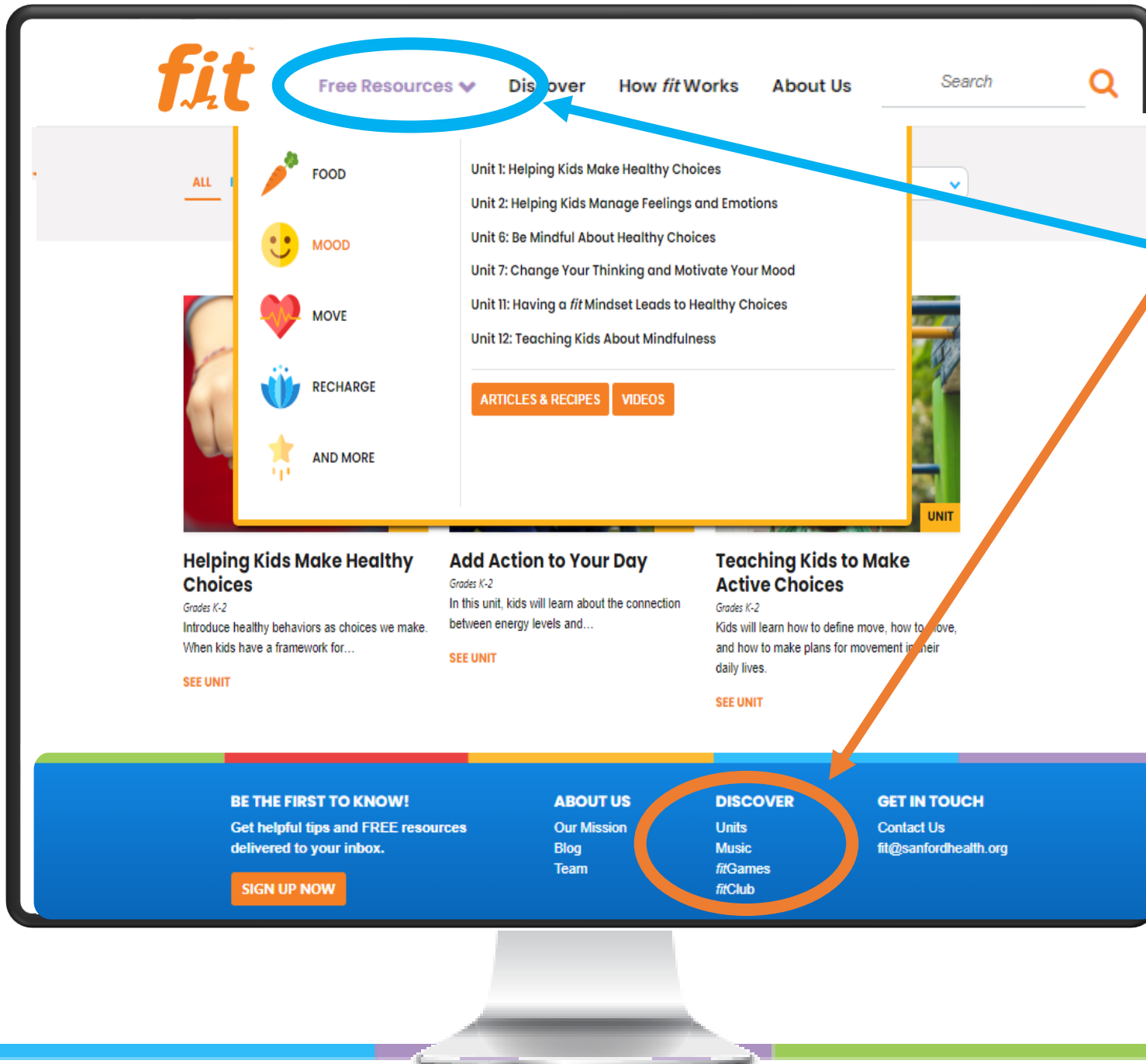
Videos

- Education
- Challenges
- Motivation
- Workouts





Take Action



Units

1. Helping Kids Make Healthy Choices
2. Helping Kids Manage Feelings and Emotions
3. Food is a Kid's Fuel
4. Teaching Kids to Recharge Their Bodies
5. Teaching Kids to Make Active Choices
6. Be Mindful About Healthy Choices
7. Change Your Thinking and Motivate Your Mood
8. Be Thoughtful About Healthy Choices
9. Create a Sleep Zone as Part of Your Bedtime Routine
10. Add Action to Your Day
11. Having a *fit* Mindset Leads to Healthy Choices
12. Teaching Kids About Mindfulness
13. How Much Sugar?



Take Action

*fit*Club

1. Get to know the *fit* Connection
2. Energize your Healthy Habits
3. Know Your Mood
4. Healthy Eating Fuels Healthy Habits
5. Make Moving Fun
6. Recharge Day and Night
7. Motivate Your Mood
8. Think Your Fuel
9. Be Active Every Day
10. Think *fit*. Be *fit*!

fitCLUB

Session 1 Welcome

Introduce kids to a healthy choices curriculum called *fit*Club. They will learn about healthy lifestyle choices like rest, mood, food, and movement.

SESSION ACTIVITIES

1

Session 1 Welcome

2

fit Brainstorm Race

3

Mood Run

4

Fitness Challenge

5

Simon Eats

6

Stretch and Discuss *fit* Choices

Home > *fit*Club > Session 1--Get to Know the *fit* Connection > S1 Activity 1 Session 1 Welcome

Activity Purpose

Welcome kids to *fit*Club and provide an overview, guidelines, and expectations. Let them know they will be learning about making healthy choices while playing games and having fun.

Objectives

- Present the purpose, guidelines, and expectations of *fit*Club.

Preparation

- Prepare snacks prior to session. Have a music player and all session materials and resources ready.
- **Talk Time:** Gather kids in the center of the activity space to sit and stretch. Be sure they are a safe distance (arm's length) apart.
- **Activity:** Print a copy of *All About Me* for each club member and have it ready to distribute. Have hand sanitizer and a garbage can available for snack clean up.
- **Wrap Up:** Kids sit in a circle for discussion.

Time: 15 Minutes

What You'll Need

Resources

- *fit*Club Leader Guide - Printable
- *fit*Club All About Me - Printable

Materials

- Attendance Sheet
- Name Tags
- Markers or Pencils
- Snacks
- Water
- Hand Sanitizer
- Napkins and Garbage Bag
- Music
- Timer

Talk Time

Introduction

Welcome to *fit*Club and thank you for joining. My name is _____ (leader name) and I will be leading our *fit*Club.

Here's what I want you to know about *fit*Club:

BE THE FIRST TO KNOW!

Get helpful tips and FREE resources delivered to your inbox.

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DISCOVER

Units
Music
*fit*Games
*fit*Club

GET IN TOUCH

Contact Us
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Free Resources ♥

Discover

How *fit* Works

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Music Playlist

A Really, Really, Really Super Good
Day

Do the *fit* Thing

Fruits and Veggies Give Me Energy

I Can Move Myself

I Need My Energy

Put a Little Move In Your Day

Should I Eat This? Should I Eat That?

Taking Care of My Mood

To Be Your Best, You Need Your Rest

What Healthy Kids Know

BE THE FIRST TO KNOW!

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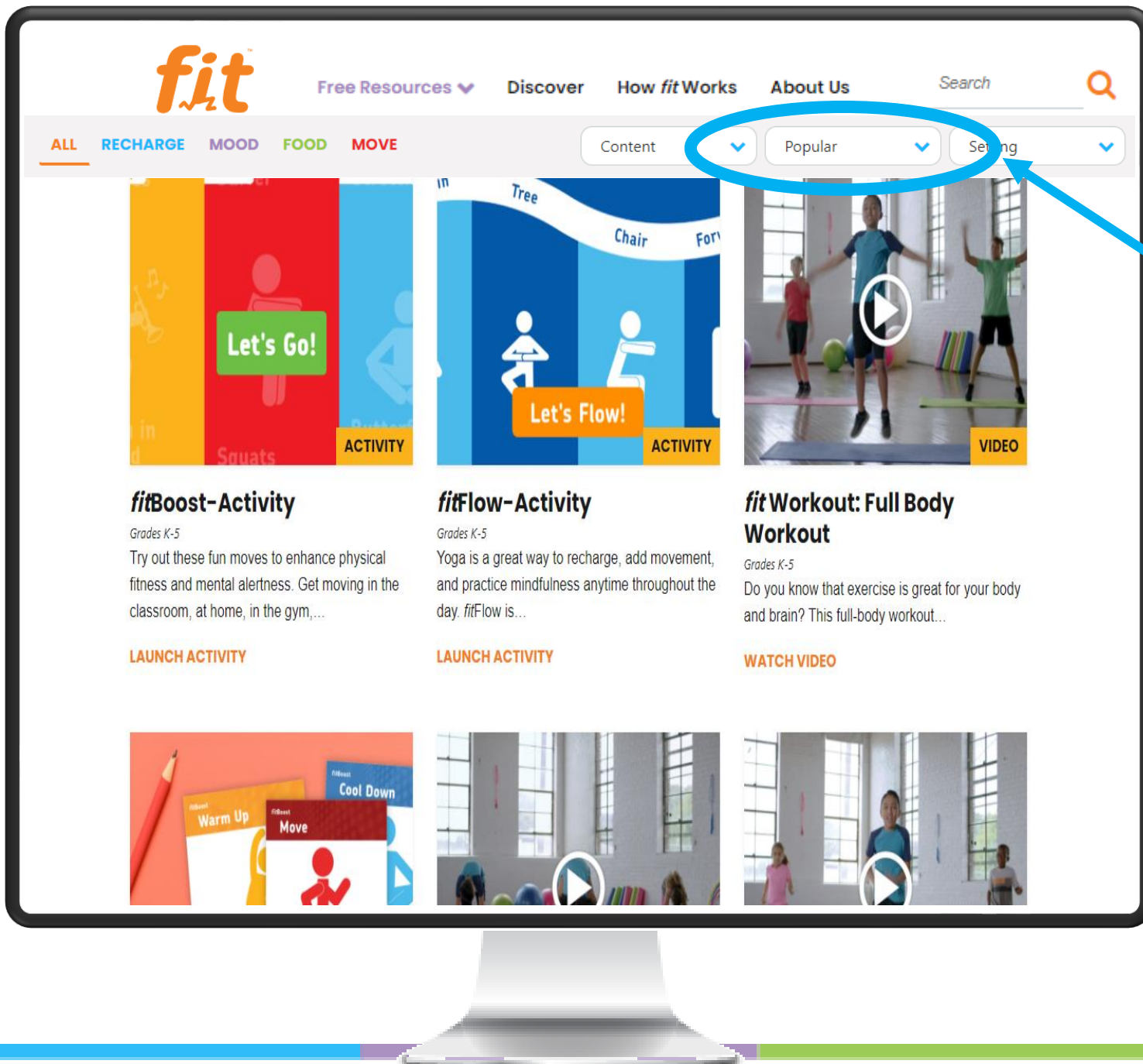
Our Mission
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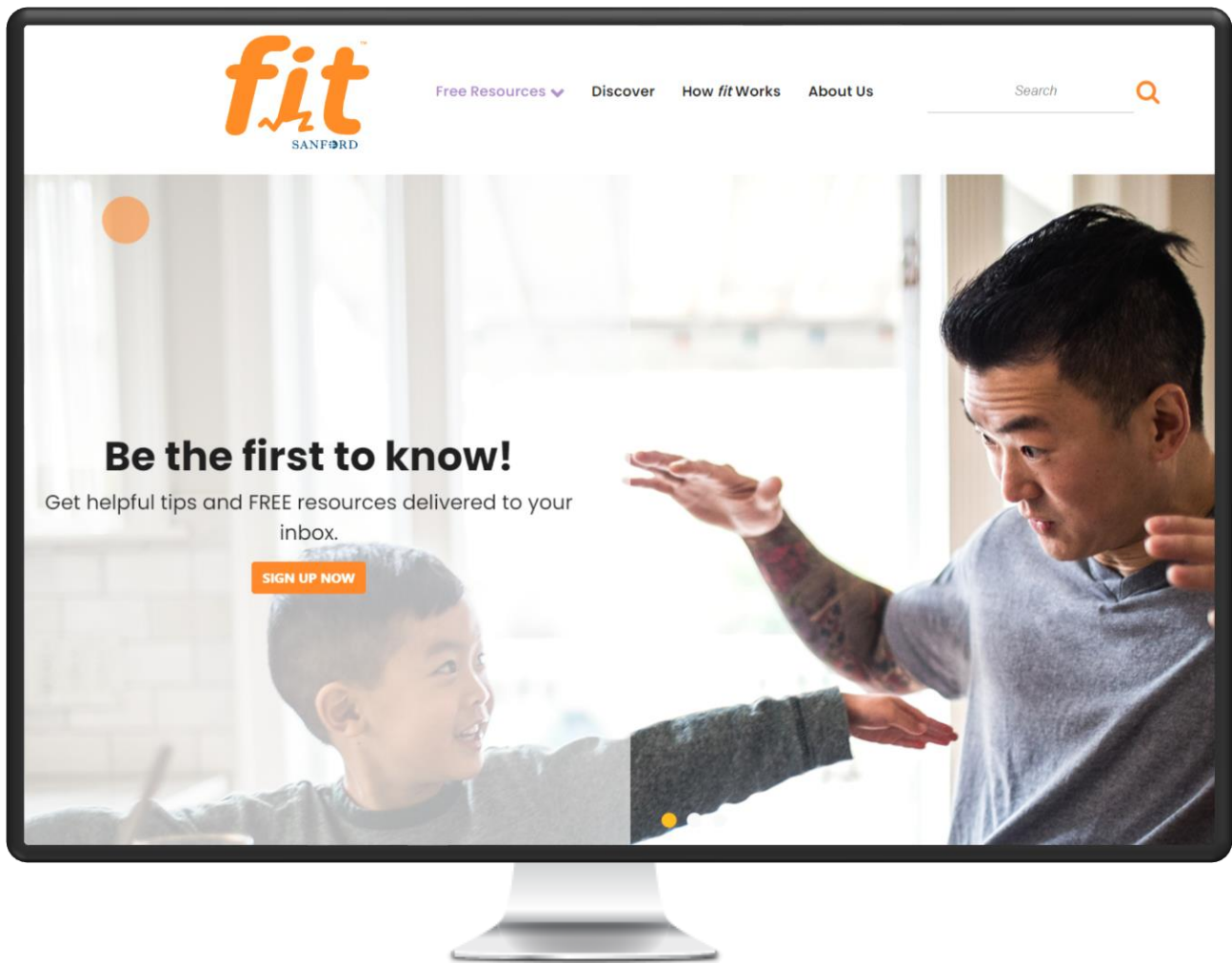
GET IN TOUCH

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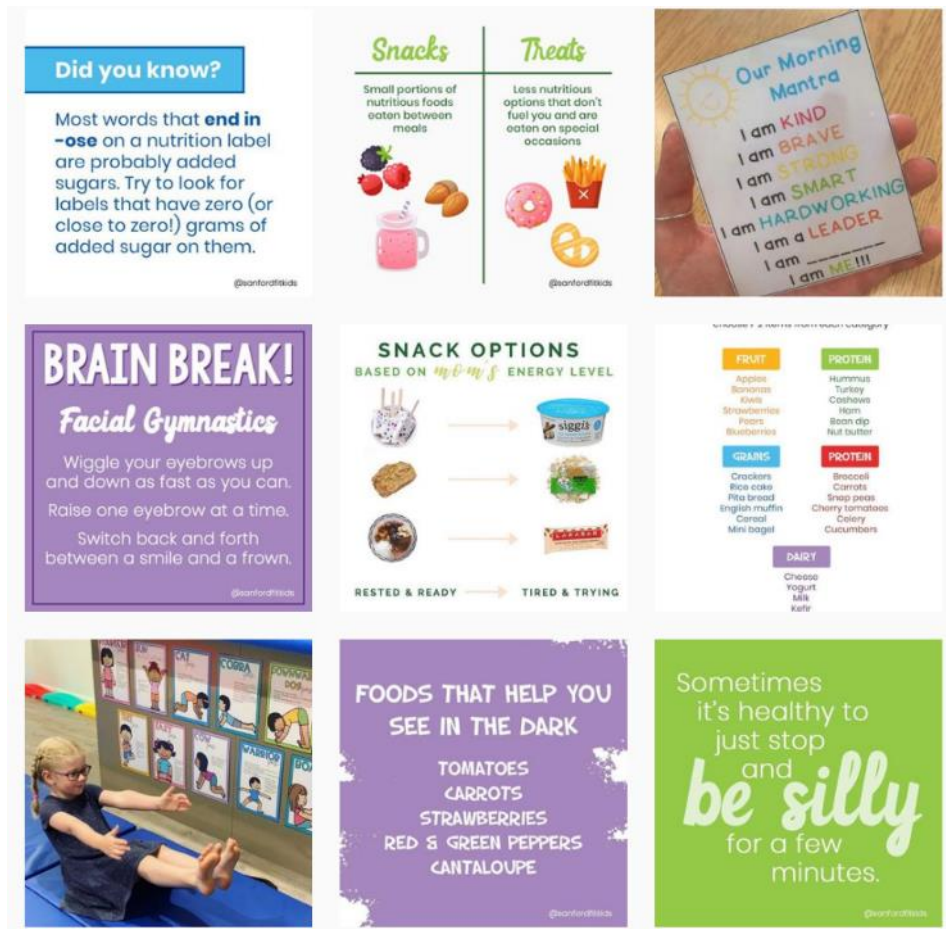


What's Popular

- *fitBoost*
- *fitFlow*
- Workouts
- 5 Fun Ways to Incorporate Physical Activity
- *fitSports*: How Important is Hydration
- Using Positive Self-Talk to Motivate Your Mood
- Ways to Minimize Screen Time
- Wellness Way Sensory Path
- Breathing Techniques to Inspire Mindfulness



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