Information sheet

Univera Healthcare's fun 2B fit®

What is Fun 2B Fit?

Univera Healthcare is committed to improving the health of our community. The Fun 2B Fit program was created to combat the escalating childhood obesity epidemic by educating and motivating Western New York parents and children on the importance of healthy lifestyle choices. Fun 2B Fit is an innovative program for students in second, third, and fourth grade and their families that encourages healthy food choices, increased physical activity, and grocery shopping and preparing meals together. It is based on the recommendations from the Centers for Disease Control, the American Academy of Pediatrics, and the New York State Learning Standards.

What do parents do?

- Involve their children in food preparation and grocery shopping
- Model behavior by making healthy food choices, exercising regularly and playing with their kids
- Complete a brief one-page pre and post survey and receive a free gift for their child (see reverse)

What do kids do?

Grade 2

- Taste-test new foods in school, be sure to at least try each item
- Participate in grocery shopping and food preparation at home

Grade 3

- Learn about why it's Fun 2B Fit during a lesson at school and participate in a workout
- Use the Healthy Activity Planner to track healthy food choices and physical activity

Grade 4

- Go on a field trip to a local Wegmans store to learn about the Food Guide Pyramid, how healthy foods are made, how they taste and how they are good for your body

Sign up for our newsletter

Parents and teachers are encouraged to sign up for our newsletter, which is full of helpful tools and information that can be used to make it easy to be fit...and have fun doing it. Go to www.fun2bfit.univerahealthcare.com, select the "parents" or "teachers" sections, and then click on the newsletter graphic at the left.

Parents, please give us your feedback!

Complete the online pre survey on the health habits in your household when your child's school starts the program. Then we will email you the post survey, or you can access it on the Web site (see survey url addresses below). **After you complete the post survey, you will receive a custom-designed Fun 2B Fit portion control plate for your child! (see image below)**

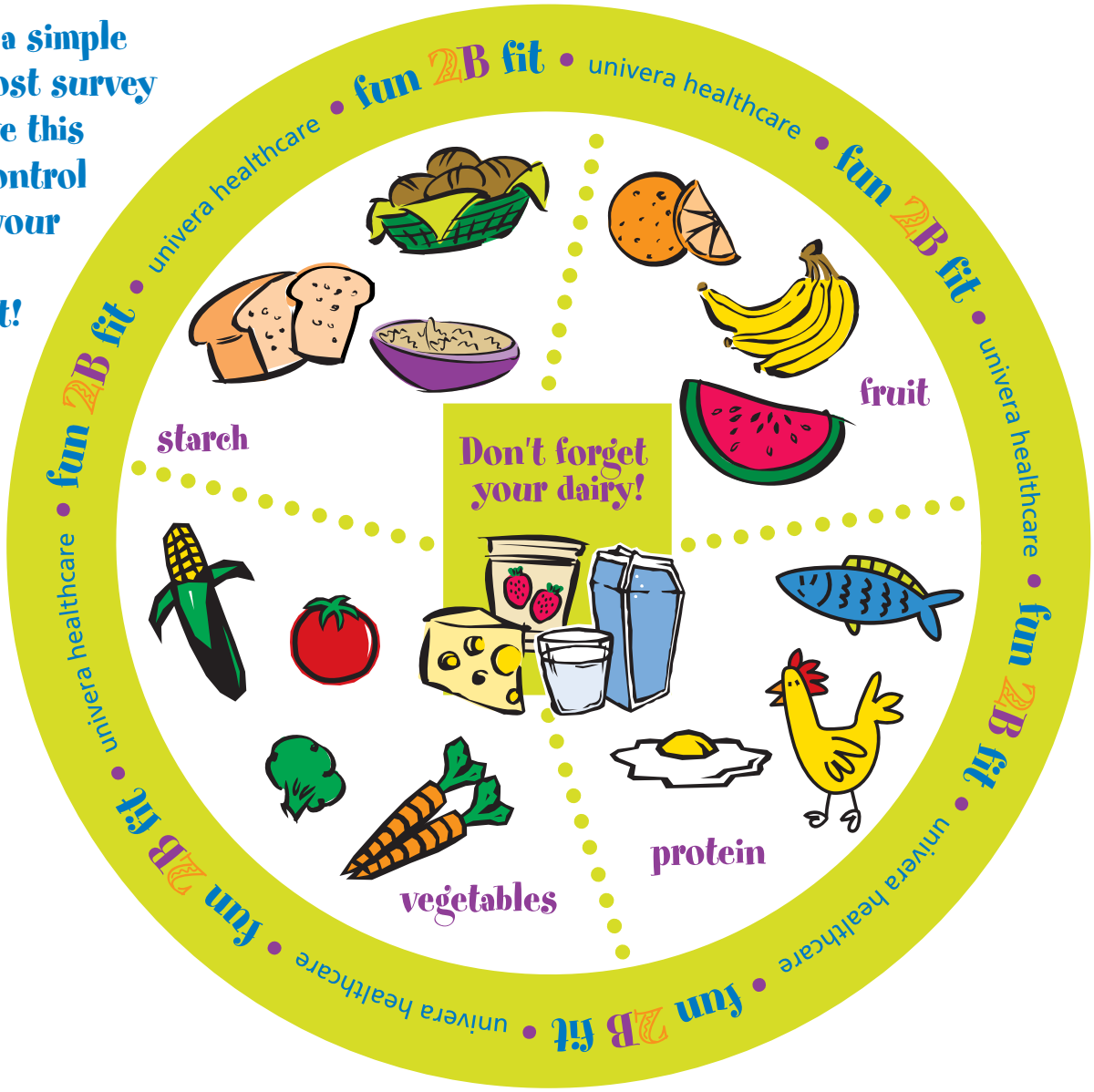
PRE Program Survey

http://go.fun2bfit.univerahealthcare.com/presurvey

POST Program Survey

http://go.fun2bfit.univerahealthcare.com/postsurvey

Complete a simple pre and post survey and receive this portion control plate for your child from Fun 2B Fit!



For more informaton

Call 716-857-6312 or email Fun2BFit.WNY@univerahealthcare.com.

Disclaimer: Your information will only be used for Univera Healthcare's Fun 2B Fit program. It will not be shared or sold for any other purposes.