

Weston Elementary is once again partnering with ANYTIME FITNESS to provide Weston students with an after-school exercise/wellness program.

2<sup>nd</sup>/3<sup>rd</sup> Grade WESTON FIT!



\*\* Grades K-1 will meet on Mondays only. Grades 2-3 will meet on Wednesdays only.

WHAT: Weston Fit is a FREE exercise/wellness program for students K-3

WHERE: Weston Gym

WHEN: 2:15-3:00

Dates: February 3, 10, 17, 24, March 2, 9, 16

**WHY:** "Children who exercise are less likely to develop diseases and chronic conditions, including diabetes, allergies, thyroid imbalances, abnormal cholesterol levels, heart problems, respiratory issues and orthopedic problems. Some believe that various childhood mental disorders, including depression, anxiety and attention issues, are at least partly physiological in origin and can be improved through exercise."

Students will participate in an exercise class led by teachers, parents and an ANYTIME FITNESS trainer. Students will learn exercises and gain nutritional information to help develop lifelong wellness habits.

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I, \_\_\_\_\_ give permission for my child,  
\_\_\_\_\_ to participate in 2nd/3<sup>rd</sup> grade Weston Fit  
afterschool program. I am not aware of any medical condition that would prohibit  
him/her from engaging in the exercises. I am aware that I need to make  
arrangements to pick up my child at the front doors of Weston at 3:00 pm each  
fitness day. Here is a number where I can be reached in case of emergency.

Parent Signature: \_\_\_\_\_

Print Child's Name \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Print Parent name and phone number: \_\_\_\_\_

Please return to school by January 25.