



After School Fitness Program

Do your kids love sugar?

Do they nag you for sweets & treats?

Join the Fit Kids Factory

Sneaky Sugar Investigation 6-week session!

Kids will learn how to read labels, understand how sugar impacts their bodies, and make better choices when it comes to snacks and drinks.

Fun Workouts & Physical Games

*Healthy Snacks & Try-Foods

* Nutrition Education

*Interactive Lessons

*Professional Coaches

* Tons of Fun!

Easy Online Registration at:

<https://fitkidsfactory.com>

Click after school programs, Baldwin, Whitehall.

Early Bird Registration until 11/9

Registration Closes 11/23 at noon.

WHITEHALL
ELEMENTARY

TUESDAYS
BEGINS NOV. 26

ALL GRADES
WELCOME!

3:45-4:45

\$62

REGISTER AT:
[HTTPS://FITKIDSFACORY.COM](https://fitkidsfactory.com)

QUESTIONS CAN BE
DIRECTED TO:
COACH LAURA
412.401.3431