

# FitCamp Registration Form

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

eMail: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Health Concerns: \_\_\_\_\_

Orthopedic Concerns: \_\_\_\_\_

Medications: \_\_\_\_\_

*(To be completed by child)* Please write why you want to be in the FitKids Program:

\_\_\_\_\_

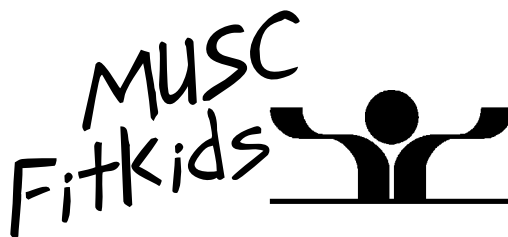
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*FitCamp fee is \$125, payable to MUSC.*

Please pay and send to: MUSC Harper Student Center, (attn: Janis Newton), 45 Courtenay Drive, Charleston SC 29401



## Healthy Lifestyle Coaching

### About FitKids...

FitKids is a program sponsored by MUSC Harper Student Center and is designed to help children gain the knowledge, attitudes, and skills needed to establish healthy eating and physical activity behaviors.

Since healthy behaviors are established in childhood, positive attitudes need to be promoted early in life. The program's long-term goal is to improve the overall health of the child.

The FitKids staff of health professionals includes a nutritionist, an exercise physiologist and a child psychologist. These experts work together to develop safe and effective programs that meet the needs of each child.

The FitCamp program is designed to benefit boys and girls of ages 9 through 12, who are slightly overweight and somewhat sedentary.

Applications will be accepted based on the child's need for improved lifestyle habits. The child's desire to participate in the program is required.

## 2005 FitKids Program Schedule

**FitCamp:** April 5 - April 29 (4 weeks)  
*Tuesdays & Thursdays 3:45-5:15*  
*\$125, ages 9 - 12, limited to 16 children*

**Summer FitCamp:** a more intensive program limited to 20 children.  
*Dates & Times TBA*

**Female Adolescent FitCamp:**  
*For ages 15-17 Dates & Times TBA*

**Individual Fitness Coaching:** For one-on-one or small group training.



For more information, please contact Janis Newton  
843-792-4141, newtonj@musc.edu