



## COLUMBUS FIT KIDS CUB CLUB

Over the winter months, students at Columbus Elementary in Thornwood were invited to join in the fitness fun and became members of the Columbus Fit Kids Cub Club. The club was an after school fitness quest. In addition to exercising during each class, all club members completed daily fitness logs to monitor their fitness progress and Fit Kids Cub Club participation.

Students also had the chance to use the Columbus Fit Kids pedometers to track their walking progress for a week straight. Each week club members received informational handouts that focused on the importance of healthy eating, the benefits of walking, as well as the rules to become a true "fit kid" and how to take your pulse and determine your Body Mass Index. Students learned about the importance of health and fitness and exercised their way to what we hope will become a true lifelong healthier lifestyle!

