



Galileo STEM Academy PTA

Fitness Group



Fit Kids Council

The fit kids council is open to all students in grades 3rd-8th who are excited about healthy eating and physical activity. The Fit kids council will help lead the way in making healthy eating and fitness fun. The council will meet monthly during a Wednesday lunch hour.

Here are a few of the things you will be involved in as a Fit Kids Council Member:

- Planning Fitness Friday Activities
- Helping to lead Fitness Friday Activities
- Developing ways to make healthy eating and physical activity a priority at Galileo
- Learn about nutrition and making healthy food choices
- Create a "Taste test" event for students to try new, healthy foods
- Become a Fuel up to Play 60 Ambassador
- Have FUN!!!

YES! I want to help make healthy eating and fitness a priority at Galileo!

Name: _____ Grade: _____

Teacher: _____

Parent/Guardian Signature: _____

Fit Kids Coach

Are you a Parent/Guardian who is passionate about healthy eating and fitness? Would you like to become a Fit Kids Coach and pass your knowledge and experience onto Galileo students? If so, we would love to have you become a Fit Kids Coach! Coaches will be involved in teaching about healthy eating and physical activity, help plan, and organize Fitness Friday events, and work with students to make healthy living a priority at Galileo!

YES! I would love to become a Fit Kids Coach! Please contact me with more information!

Name: _____

Student's Name(s): _____

Phone #: _____ Email: _____