NEW SCHEDULE STARTS DECEMBER 13
Also Starting Week of 12/13
YouthX Yoga Weds. 4pm

Just for Kids!

Nutrition Classes for Boys & Girls Ages 9-12
This 10-week program is taught by registered and licensed dieticians and nationally-certified personal trainers who will help your child to develop healthy eating and activity habits in a warm, fun and nurturing environment.

Designed to help children to:
Maintain or achieve a healthy weight
Become more physically active
Improve self-esteem
Decrease risk of health problems

Teresa Runkle
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All youth classes incorporate nutrition education developed and delivered by Teresa Runkle, MA, RD, LDN, in a fun and interactive environment.

Early change in a child’s lifestyle is an integral step to producing regular fitness and health habits in adults.