



Family GIFT Program: *Getting Into Fitness Together!*



What & Why:

Family GIFT is an 8-week physical activity program for children and families concerned about fitness or weight. The program aims to help families develop a healthier lifestyle by participating in creative, fun, and lively activities.

When & Where:

Tuesdays, 4:45-5:45 p.m., from **Tuesday, March 17th to Tuesday, May 5th**. Meets at UNC-Asheville's Health & Fitness Center.

Who:

Open to children ages 6-12 and their parents or guardians. *(Children cannot participate unless at least one parent also participates!)* Active childcare for children 2-5 will be provided at no cost. Participants will be involved in both full-family activities (e.g., scavenger hunts, hiking, outdoor games) and age-group activities (from tag and relays to parachute and water games).

Cost:

Almost free! The \$30 registration fee is refunded once you complete GIFT!

Questions & Registration:

Contact Dr. Melissa Himelein (himelein@unca.edu, 251-6834) or consult the GIFT website: <http://facstaff.unca.edu/himelein/gift.htm>. To register now, fill out bottom of this page, detach, and mail (or fax/email, addresses below)!

Family GIFT Program Registration Form (March 17-May 5, 2009)

Adult Participants (list all) _____ Ages _____

Youth Participants (list all)

_____ Ages _____

Family Mailing Address (Street, City, Zip) _____

Phone Number(s) _____ E-mail _____

****Please respond to the following questions about your family's concerns, goals, and program needs.****

1. For each participating family member, describe fitness or weight concerns and primary goals for this program (continue on back if necessary).

Family Members (list all)	Fitness or Weight Concerns	Goals for GIFT Program

2. Will you need child care for children ages 2-5? If so, please provide age(s) of your child(ren):

3. Does anyone in your family have special needs (physical, cognitive, emotional) that we should be aware of? If so, please describe:

4. We will provide healthy snacks to youth following GIFT sessions. Do your children have any food allergies? If so, please describe:

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- *The cost for GIFT is \$30 per family, fully refundable upon completion of the program. Please make out your check or money order to "UNCA Family G.I.F.T." and mail it with this form to Dr. Melissa Himelein, Psychology Dept., CPO #1630, UNC-Asheville, Asheville, NC 28804-8508. If you prefer, you can fax this form to 828/251-6423 or complete it online at <http://facstaff.unca.edu/himelein/gift.htm>.*
 - *Following receipt of this form, you will be contacted by a GIFT mentor - a UNCA college student - to schedule a home visit. The mentor will discuss the program with you, answer your questions, and ask you to complete some paperwork. Your mentor will be a support for your family throughout the program, trying to ensure that your GIFT experience is positive!*