

# Brenner FIT<sup>®</sup> Academy: For Families

## Classes Descriptions

Date	Class	Class Description
<b>Month 1</b>		
Week 1	<b>Feeding Your Child, Part 1</b>	Feeding children is challenging. Let's talk about how to end our food police worries and enjoy mealtimes together again.
Week 2	<b>The When and Where of Feeding and Activity</b>	Finding time to cook at home and be active is difficult with our busy lives. Learn how to make family meals and activity a priority in your family.
Week 3	<b>Cooking Demonstration: Meal Planning</b>	Are you tired of answering the question, "What's for dinner?" Join us for a cooking demonstration where you will learn quick recipes to include in your family's meal plan. Walk away with a personalized meal plan that you will create with your family.
Week 4	<b>Talking with Our Children about Weight</b>	Uncover the secrets of communicating with children about their weight concerns without offending.
<b>Month 2</b>		
Week 5	<b>Activity and Screen Time</b>	Learn more about supporting children with activity. Parents will leave with hands-on tools to get a handle on screen time in the family and encourage everyone to be more active.
Week 6	<b>Family Fun Night</b>	Your entire family is invited to an evening full of play. Learn some fun ways to move and be active together.
Week 7	<b>Family as a Team</b>	Discover ways to get everyone on the same page with making changes in the family. Parents will leave with new tools to motivate and encourage everyone.
Week 8	<b>The What of Feeding</b>	Learn the basics of what to feed your family through the day to keep them fueled and satisfied.
<b>Month 3</b>		
Week 9	<b>Feeding your Child, Part 2</b>	Parents continue to learn more about their role in feeding children in this follow-up class to Feeding your Child, Part 1. Leave feeling more confident in how to support and trust your children with eating.
Week 10	<b>Cooking Demonstration: Balanced Plate</b>	Cooking a balanced plate does not have to take long. Watch our Brenner FIT Chef prepare a balanced meal in less than 30 minutes. Walk away with recipes to cook at home.
Week 11	<b>Sleep</b>	Zzzzz...Learn why sleep is important for your health and how to get more sleep in your family.
Week 12	<b>Beverages</b>	This interactive class will teach you how to find low-sugar drink options for you and your family.
Week 13 <i>Optional</i>	<b>Graduation Celebration</b>	Your entire family is invited to a celebration Family Fun Night.