



Jump Into Foods and Fitness

DATES:

Saturdays,
November 13th through
December 18, 2021

10:00 AM to 11:00 AM

CONTACT US

Register with YMCA at:
www.bluewaterymca.com

Questions about Jump Into
Foods and Fitness (JIFF):

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Photo by USDA's Food and Nutrition Service (FNS), [Supplement Nutrition Assistance Program](#)

Jump Into Foods and Fitness is a research-based curriculum that features eight “Kangaroo Jumps” or sessions that help kids ages 8 to 11 (grades 3 to 5) learn the importance of nutrition, increased physical activity, and food safety.

Children will participate in fun new physical fitness and nutrition activities while they:

- Increase strength, flexibility, and endurance
- Taste new foods
- Prepare tasty snacks
- Learn how to keep foods safe

Most of all, kids will have fun while they jump, learn, and run!

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