



Body Positive Fitness Program

*“Helping You Feel Better
in Your Body Through
Movement!”*

For Kids!

Program Part 1: Initial Consult*

of Sessions: 1

Session Length: 30 minutes

Consult Goal: Discuss program goals/expectations, relevant medical information, fitness/exercise experience, nutrition habits, & any additional concerns relating to your child's health/fitness, or the Body Positive Fitness program.

Program Part 2: Educate & Assess**

of Sessions: 1

Session Length: 60 minutes (20 minutes Education; 40-minute fitness assessment)

Education Goal: Gain knowledge on why developing healthy movement habits at a young age is vital to healthy development.

Assessment Goal: Gain an understanding of your child's current fitness levels and the health risks that may be associated with these results. Assessment results will guide the development of the training program to determine what types of activities will be most suitable for your child.

Program Part 3: Training***

of Sessions: 24 (2 /week for 12 weeks)

Session Length: 60 minutes

Training Goal: Build an evidence-based & individualized physical activity program that aims to increase confidence, build healthy habits, decrease health risks, and guide your child towards a lifetime of loving movement!

* Initial consult will determine client compatibility for assessment.

** Assessment will determine client compatibility for training.

*** Session 12/24 & 24/24 will be follow-up Educate & Assess sessions charged at the Training session rate.

**** All sessions will be conducted by Nicholas Lemieux, R. Kin, CSEP-CEP

**Contact the Clinic
for Program Pricing!**

Call: (705)-253-2354

Email: info@sparkrehab.ca