Quotes From Kids:

“I feel better about my body...”

“I have gotten healthier and have more self-confidence.”

“I liked coming a lot because it was fun.”

Quotes From Adults:

“The classes were very informative, causing changes in the way I shop and snacks I allow the kids to have.”

“I enjoyed learning and socializing with other parents with similar concerns.”

“Outstanding and professional instructors and simple, yet effective material.”

Enrollment:

♦ Children ages 5-17 who are overweight and their families (soon to expand to include 3-5 year olds).
♦ Children must be accompanied by at least one parent or guardian, but the whole family is encouraged to attend.
♦ 10-15 families are enrolled each session.
♦ Prizes are given every time you come to class to reinforce healthy food choices and physical activity.

How to Enroll:

♦ Ask Pediatrician for referral
♦ Ask school nurse for referral
♦ Contact one of our program coordinators below

Program Contacts Include:

Lucinda Banegas-Carreon, MPH, CHES
Program Coordinator
(575) 646-2034
lubanega@nmsu.edu

New Mexico State University
Extension Family & Consumer Sciences
P.O. Box 30003, MSC 3AE
Las Cruces, NM 88003
Fax: (575) 646-5042
Fit Families:

- 7-week program
- 2 hours and 45 minutes each week

Each Session Includes:

- Nutrition information & healthy eating tips
- Delicious and nutritious meals
- Mindful eating
- Physical activity
- Healthy and reasonable goal setting
- Fun activities for self-esteem and motivation
- Community involvement
- Meet new families with similar interests and concerns

Steps to a Healthier You!

What you can expect:

Nutrition:
- Healthy cooking, meal choices, and planning
- Support in helping families eat healthier

Fitness:
- Fun family activities and games
- Get ready to laugh, move, and play!

Self-Esteem:
- Improve confidence and self image
- Feel happier

Our Fun and Friendly Staff!

- Registered Dietitian
- Licensed Social Worker
- Physical Activity Professionals

Scan the QR code or visit our website for healthy recipes, tips, and activity ideas.

http://efcs.nmsu.edu/fit-families