

2023 ZOOM Fall Class Schedule

The Nutrition and Fitness for Life (N.F.L.) program at Virginia Mason teaches children and teens ages 5–18 and their families how to make healthy choices with food and exercise. It's a healthy lifestyle program, not a weight loss program.

Classes are from 6:00 to 7:00 p.m.

Select One	Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Session 1	Thu	Apr 27	May 4	May 11	May 18	May 25	Jun 1

What do families learn?

- **Healthy eating:** nutrition basics, energy in/energy out, “close to nature” food vs. processed, portion control, mindful eating, types of hunger, what is in food, daily calorie needs, importance of family meals
- **Getting enough activity:** finding something kids love to do, being active together as a family when possible, encouraging and supporting kids in staying active.
- **Emotional well-being:** body image, self-esteem, dealing with feelings in new ways without turning to food
- **Also:** limiting screen time, getting enough sleep, drinking enough water, self-care
- **Family teamwork:** making it fun, staying motivated, supporting each other, parental control

How do Zoom Classes Work?

Families attend 60-minute evening classes once a week for six weeks. **At least one parent must participate with the child/children.** The whole family is welcome and encouraged to participate.

Active participation is the magic ingredient that makes NFL work! Families must actively participate in all classes. Taping is not permitted, and "just watching" is also not an option. We're trying to simulate the experience of in-clinic classes as much as possible.

What is the program cost?

Virginia Mason is proud to offer the N.F.L program to our patients and all other families with a generously reduced suggested family donation from \$150 to \$60 (just \$10 per class!) to help families in this difficult time. All donations help sustain the program and are appreciated.

Where can I find more information?

To request more information on the program, please contact Beth Olenchek, Beth.Olenchek@CommonSpirit.org or fill out the [Nutrition and Fitness for Life Information Request form](#).

Additional Resources

- [N.F.L. Monthly Newsletter](#)
- [Make a gift to support Nutrition and Fitness for Life](#)