



Clinical Wellness Recommendation

Ad-Fit (The Adolescent Fitness Initiative Program) is an adolescent wellness summer program sponsored by Appalachian Regional Healthcare System for 9-12 year olds. This program promotes healthier lifestyles and reduces the risk associated with obesity, physical inactivity and Type 2 diabetes among adolescents. Participants will experience educational activity and assessments that encourage lifestyle changes in physical activity, proper nutrition and self-esteem. Ages 9-12 with BMI over 85% are eligible. The program is \$112.50 per week, per child. Fee includes activities such as hiking, biking, swimming, nutrition classes, cooking classes, fitness classes, kayaking, gardening and so much more.

When: June 18th – August 10th
Monday – Friday
7:30 am – 4:00 pm

Where: Paul H. Broyhill Wellness Center
232 Boone Heights Drive, Boone, NC
wellness.apprhs.org

For more information about Ad-Fit contact:
Heather Casey, MS, RD, LDN
Wellness Center Registered Dietitian/Ad-Fit Director
828-266-1060

Complete the information below and return to the Wellness Center Front Desk:

Date: _____

Adolescent Name: _____

Date of Birth: _____ BMI: _____

Parent/Guardian Name: _____ Phone Number: _____

Parent/Guardian Signature: _____

Provider: _____ Provider Phone Number: _____

Provider Signature: _____