

Brenner FIT[®] Academy: For Families

Classes Descriptions

Week	Class	Class Description
Week 1	Feeding Your Child, Part 1	Feeding children is challenging. Let's talk about how to end our food police worries and enjoy mealtimes together again.
Week 2	The When and Where of Feeding and Activity	Finding time to cook at home and be active is difficult with our busy lives. Learn how to make family meals and activity a priority in your family.
Week 3	Cooking Demonstration: Cooking at Home	Are you tired of eating out or last minute planning for meals? Join us for a cooking demonstration where you will learn quick recipes to help you cook at home more. Walk away with a personalized meal plan that you will create with your family.
Week 4	Talking with Our Children about Weight	Uncover the secrets of communicating with children about their weight concerns without offending.
Week 5	Family Fun Night	Your entire family is invited to an evening full of play. Learn some fun ways to move and be active together.
Week 6	The What of Feeding	Learn the basics of what to feed your family through the day to keep them fueled and satisfied.
Week 7	Activity and Screen Time	Learn more about supporting children with activity. Parents will leave with hands-on tools to get a handle on screen time in the family and encourage everyone to be more active.
Week 8	Cooking Demonstration: Picky Eating and Vegetables	Cooking a balanced plate does not have to take long. Watch our Brenner FIT Chef prepare a balanced meal in less than 30 minutes. Walk away with recipes to cook at home.
Week 9	Feeding your Child, Part 2	Parents continue to learn more about their role in feeding children in this follow-up class to Feeding your Child, Part 1. Leave feeling more confident in how to support and trust your children with eating.
Week 10 <i>Optional</i>	Graduation Celebration	Your entire family is invited to a celebration Family Fun Night.