The Kids Fitness Program (KFP)

TARGET AUDIENCE

This program is for children who are 9 to 13 years old and who have a body mass index above the 85th percentile.

SUMMARY

The Kids Fitness Program (KFP), an after-school and community-based program, is designed to provide children with information on nutrition and offer opportunities for them to engage in physical activity.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

The KFP intends to improve the general well-being of participants through education regarding establishing healthy eating and physical activity patterns. The program is presented in group sessions with 10 to 15 children.

Sessions include education about nutrition and provide children with time to engage in sports and games during scheduled recreation sessions, which are often held in church halls or community spaces. In addition, children participate in circuit training that includes strength and cardiovascular activities. To reinforce the nutrition portion of this program and promote family involvement, parents attend a monthly session during which they prepare and eat a healthy meal with their child.

PREVIOUS USE

As of 2006, the program had been delivered to four groups of 10 to 15 children each. The extent to which the program has been used since 2006 is unknown.
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TRAINING

No information about training was available.

CONSIDERATIONS

Considerations for implementing this program include finding a church or community space for recreation sessions, acquiring buy-in from schools to offer the program, understanding that children are expected to attend sessions three times a week, and acquiring a commitment from parents to attend sessions once a month.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing The Kids Fitness Program, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program lasts 10 to 14 weeks, and sessions are held three times a week.

COST

No information about implementation costs was available.

EVALUATION PLAN

To move The Kids Fitness Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals.
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Margaret O'Neil by mail Drexel University Physical Therapy and Rehabilitation Sciences Department, 1601 Cherry Street, Room 746, Philadelphia, PA 191012, phone 1-267-359-5546, or email moneil@drexel.edu

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