



Nationwide Children's Hospital has teamed up with Westerville Parks and Recreation to present the FitQuest Kids' Club. This new club helps teach children about the importance of healthy eating habits, physical activity and decreasing their exposure to television, computer screens and video games. Children's Sports Medicine and Children's Center for Healthy Weight and Nutrition are proud partners with the Westerville Parks and Recreation for this program.

As part of the FitQuest Kids Club, Children's Sports Medicine will design and lead a variety of injury prevention and sports-specific fitness programs to decrease the amount of injuries seen in the children and adolescents. Throughout the summer, dually credentialed Certified Athletic Trainers (ATCs) and Strength and Conditioning Specialists (CSCS) will implement programs that meet twice a week for four weeks each.

All programs are age appropriate and take into consideration the individual physical developmental level of the participants. The Leaps and Bounds program is designed specifically for kids ages 11-14 as an introduction to body control and fundamental movement patterns. Additional programs are designed specifically to improve functional strength and power as well as balance and agility that will have a carry over to sport and activity.

Sports-specific fitness and injury prevention programs for baseball and soccer also will be offered. Fitness testing is available for all ages. And on select Tuesdays throughout the summer, Children's Sports Medicine will host Bumps and Bruises Clinics to serve as a triage for minor injuries with a focus on how to make a safe return to activity.

Children's Center for Healthy Weight and Nutrition is also a partner in the FitQuest Kids Club, providing nutrition guidance for a weekly nutrition and activity calendar kids can use to earn prizes through the Westerville Parks and Recreation. Activity calendars are available at the Westerville Community Center or online at [www.fitquest.westerville.org](http://www.fitquest.westerville.org).

***All of the above programming information is available for residents and non-residents alike.*** For more information, contact the Westerville Parks and Recreation Department at (614) 901-6500 or visit the FitQuest [www.columbuschildrens.com/sportsmedicine](http://www.columbuschildrens.com/sportsmedicine).