

Parent/Guardian Feedback on Fit-Tastic

Fit-tastic Quotes from Washington Elementary School in Wisconsin Rapids

"My daughter has really become aware of what positive results can come from after school activities and eating healthy," said Shawn Rehberg

"She has been more willing to eat fruit and vegetables and she has not been on the sofa watching TV. Now that it has snowed she is outdoors a lot," said Barb Kelly (grandmother)

"Awesome program! We've learned some ideas for healthy snacks and tried some things we normally wouldn't have. The games and activities during 'exercise' time have the children running and playing without realizing they are 'exercising.' It has increased the awareness that in order for healthy bodies, we need to have healthy lifestyles," said Tina Vincent

"My son loved the program. His attitude about doing physical activities at home and eating better were great," said John Ewell

"Great program – helping children be aware of eating healthy and leading a healthy life are very important," said Lisa Lindstrom

"Nathaniel has really enjoyed the program and has gotten a lot of physical activity in, even though it's winter. He has had a lot of fun interacting with the other kids and liked making new snacks and recipes," said Nicole Trickle

"Great program that helps introduce children to healthy snacks," said Holly Karpinski

"She enjoyed it very much and was very happy and full of energy when I picked her up every day," said Bob Clendenning

"My son enjoyed Fit-tastic. It's an awesome after-school activity," said Kelli Rogers

"It is a good program, where they exercise and eat healthy and enjoy what they are doing," said Rachel Zimmerman

"I've never seen him so excited when I picked him up after school. He was constantly asking if we could stop at the grocery store before going home to buy some of the new foods he'd tried. He also never tired of sharing his varied dodge ball experiences," said Rosella Reinwant-Crooks

"The Fit-tastic program promotes physical activity through many hands-on games – dodge ball, soccer, etc. My child shared (brought home) newsletters with many healthy recipes," said Lisa Voight

"My daughter has really become aware of what positive results can come from after school activities and eating healthy," said Shawn Rehberg