

## The GET LEAN Schedule and Locations

Monday - Friday transportation to the McKinley Avenue Elementary School gymnasium will be the responsibility of the family. All participants will have transportation provided back to their respective schools at 8:00 am. (This does not apply to those participants that attend private schools or are home schooled.) Transportation to and from the Ocean Club on Route 9 in West Creek Saturday, Sunday and holidays will be the responsibility of the family. A healthy breakfast will be provided to all participants.

### SCHEDULE

Day	Location	Time
Mon.	McKinley Avenue Elementary School Gym	7:00 am
Tues.	McKinley Avenue Elementary School Gym	7:00 am
Wed.	McKinley Avenue Elementary School Gym	7:00 am
Thurs.	McKinley Avenue Elementary School Gym	7:00 am
Fri.	McKinley Avenue Elementary School Gym	7:00 am
Sat.	Ocean Club - Route 9 West Creek	2:00 pm
Sun.	Ocean Club - Route 9 West Creek	2:00 pm
Holidays	Ocean Club - Route 9 West Creek	2:00 pm



### How much will I have to pay?

The cost will be \$60/month per participant. This includes all equipment, breakfast (Monday - Friday, except holidays), use of the Ocean Club during the scheduled times and motivational rewards.

There may be opportunities available to defer some or all of the costs for those families that qualify.



Stafford Township  
Education Foundation  
[www.staffordfdn.org](http://www.staffordfdn.org)

To register or to discuss the unique benefits for your child, contact:

Jon Gray, Certified Trainer  
The Ocean Club and Inside-Out Health & Wellness  
**609-713-2229**

— or —

Michael Bleiman, MD, FAAP  
Southern Ocean Pediatric Associates  
**609-978-9639**

# GET LEAN

Provide education about healthy lifestyle with respect to nutrition and exercise to participants and their families.



Growing with Exercise,  
Training, Lifestyle, Education,  
Attitude & Nutrition



## Facts About Children and Weight Concerns

Approximately 33% of our children and teenagers are overweight and 15% are obese. More than 99% of children are overweight due to the consumption of too many calories and inadequate exercise. If a child's weight is controlled by the age of 8, studies have shown that there is a 75% chance that the child will be an average weight adult. However, if a child's weight is brought under control by age 12, there is only a 25% chance that the child will be an average weight adult.



# GET LEAN

## What is the GET LEAN program?

Our children are growing! But are they growing up in a healthy way? The GET LEAN program is a joint pilot project between Stafford Township Education Foundation and Southern Ocean County Hospital/Ocean Club. A healthy lifestyle includes exercise, training, moderation of lifestyle, education, attitude/motivation and proper nutrition. The GET LEAN program encompasses all aspects of a healthy lifestyle. Our goals are:

- Teach and provide our children and their families with 1 hour of exercise, 7 days a week. The exercise will be monitored by a board-certified pediatrician, taught by a certified trainer and conducted in the McKinley Avenue Elementary School gymnasium.
- Encourage daily training for families and children.
- Teach families and children how to introduce moderation into their daily lifestyle.
- Provide positive reinforcement to achieve motivation and a healthy attitude about exercise and nutrition.
- Teach families about nutrition. This includes how to buy and prepare healthy meals.



## Who can participate?

All Stafford children in grades 1 through 6 are eligible. This includes children that attend private schools or children that are taught at home—home schooled.

The program is designed for all children. We encourage all families to participate especially if your child's Body Mass Index percentage is greater or equal to the 85th percentile.

A completed health questionnaire will be required prior to registration. A pediatrician will screen all the questionnaires. It may be determined that your child needs medical clearance to participate from your pediatrician or family medicine physician.