

## 7 reasons why being active is important for children & teens:

- 1) Helps children develop healthy bones, muscles and joints.
- 2) Regular exercise is essential for healthy organs like the heart and lungs.
- 3) Helps children develop and improve their coordination and kinesthetic awareness.
- 4) People who exercise when they're young are more likely to become active adults.
- 5) May help children and teens reduce symptoms of anxiety and depression.
- 6) Appears to stimulate brain growth and boost cognitive function, helping kids to learn and achieve.
- 7) Studies show that physical activity can improve focus and enhance self-discipline.



**St. Clair County  
Community Mental Health**  
*Providing Opportunities for Health, Wellness, & Connection*

**Information and Access to Services:  
810-488-8888**

**24-Hour Crisis Line:  
810-966-2575**

[www.scccmh.org](http://www.scccmh.org) |    

**St. Clair County  
Community Mental Health**  
3111 Electric Avenue  
Port Huron, MI 48060  
(810) 985-8900

**St. Clair County  
Community Mental Health  
Child & Family Services**  
2415 24th Street  
Port Huron, MI 48060  
(810) 488-8840

**St. Clair County  
Community Mental Health - South  
Adult Services**  
6221 King Road  
Marine City, MI 48039  
(810) 765-5010

**St. Clair County  
Community Mental Health - South  
Child & Family Services**  
135 Broadway  
Marine City, MI 48039  
(810) 400-4200

**St. Clair County  
Community Mental Health - West**  
14675 Downey Road  
Capac, MI 48014  
(810) 395-4343

# Bfit



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Community Mental Health**  
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# Bfit

**Be strong. Be driven. Be healthy. Be happy. Bfit.**

Bfit is an individualized program for children and teens that focuses on **skill building** in the areas of **physical** and **mental health**, in hopes to achieve **lifelong health and wellness**.

## Who can enroll?

The Bfit program is for children and teens who are currently receiving services at St. Clair County Community Mental Health, regardless of fitness level or ability. Other eligibility requirements are:

- Between ages of 8 - 17
- Serious Emotional Disturbance (SED) diagnosis & Developmental Disability (DD) diagnosis
- Cleared by physician to participate in a fitness program (medical clearance provided during enrollment period)

To find out if your child meets the eligibility criteria, talk with your child's case holder.

## Why Bfit?

People with mental health conditions have disproportionately high rates of heart disease, diabetes, obesity and tobacco use - all of which can contribute to serious health problems. For children and teens with a behavioral health condition, it is especially important to provide them with the tools they need to take care of both their minds and bodies.

## What to expect:

Bfit is a highly individualized program, that can be tailored to each child's needs, abilities and goals. Individuals will meet with their Health Mentor first for a baseline assessment. This assessment will measure:

- Height, weight and BMI
- Pre and post exercise assessment of heart rate and blood pressure
- Flexibility and strength assessment
- Nutritional assessment of eating habits

The Bfit program is scheduled for 20 sessions, once per week for approximately one hour. Locations may vary, depending on where your child receives their other CMH services.

## Let's move!

For the exercise portion of the program, Health Mentors will conduct simple assessments and tailor a fitness program to the abilities and goals of each individual. Group workouts, games and sports will be added to the routine when possible. Yoga practice will be available for those who are interested. Some teens in the program will have access to the YMCA for their sessions. The emphasis is on having fun!

## Good eats!

An important part of healthy living is creating good eating habits. Participants will learn about making healthy food choices through individual instruction, parent & child nutrition classes, and grocery store tours.

## Help and support

The Health Mentor will work closely each child and their family in hopes to support, coach, teach and cheer them towards their goals.

