



C-20

Family Fitness and its Effect on the Mental and Emotional Well-being of Children and Families

Model Schools for Inner Cities (MSIC)

206D

This session will examine the benefits of physical health on the well-being of your children and your family. Through hands on applications we will explore the benefits of family fitness on mental health, relationships, and well-being. Attend this workshop and learn practical exercises and activities that families can do together. These will include free, fun, and easy fitness strategies like bear crawl, squats, dance, Zumba, and Karate. Take home resources for your school, family and community. Get inspired to exercise with your family!

Presenters

Janice Holsmer

Parent

Janice Holsmer is a highly engaged parent and school council fundraiser at Cliffside Public School. She is also active on LC 3 PAC (Parent Academy Committee), and is a parent to a student in Senior Kindergarten. She works as a fitness instructor, personal trainer, and health educator to families across Toronto. She is committed to personal growth, health, and well-being through service to her community.

Debbie Ann Naipaul