

# ANY BODY CAN

	Month 1	Parent Nutrition Group Class
Week 1	Intake and Program Introduction	Where: Any Baby Can When: Wednesday's 6:30pm-8pm **Child Supervision Available**
Week 2	Food Groups and Nutrition Labels	
Week 3	Portion Control and Grocery Shopping	
Week 4	Healthy Meals and Healthy Snacks	
	Month 2 & 3	Child Fitness In-Home Session
Week 5	Fitness Cardio	Where: In-Home sessions When: Based on your availability  Home visits are scheduled any time between 8am-6pm  **Parent and Child must be present**  6 month follow up required for all families
Week 6	Fitness Muscular	
Week 7	Fitness Stretching	
Week 8	Fitness Cardio	
Week 9	Fitness Muscular	
Week 10	Fitness Stretching	
Week 11	Fitness Cardio - Community Activity	
Week 12	Fitness Muscular - Community Activity	