

Group Aim, Content, and Participants

Find Your Fit is a group therapy program designed for adolescents in **Grades 7 to 10** who have an interest in becoming more physically active and would like some guidance on how to improve their overall fitness level. The group sessions will focus on upper body, lower body and core strengthening, along with balance and endurance training. These goals are targeted in a fun and motivating environment.

A pre-assessment will be conducted in order to determine specific needs, goals and identify areas for improvement. After the 6 group sessions, a post-assessment will be completed to re-evaluate the progress made towards meeting individual goals set out in the pre-assessment.

This group is facilitated by a Registered Physiotherapist and will take place in-person at the clinic.

Group Information

Duration:

60 minutes per week

Programming includes:

- Pre-group: 30 minute individual assessment
- 6 weekly group sessions
- Post-group: 30 minute individual assessment

Cost

\$85 for each assessment

\$408 for 6 sessions

Check with your insurance provider for coverage

Dates and Time

Thursdays from January 23 – February 27, 2025 (6:00 p.m. – 7:00 p.m.)

For more information, please contact groups@boomeranghealth.com.

Boomerang Health powered by SickKids

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