

PROGRAM ELEMENTS

Programs and Training Services

Program / Training Modules	Description	# of Students
Mentors in MotionSM (MiM) MiM includes a combination of the modules below.	Comprehensive healthy behaviors and leadership training that engages teens or adults in experiential learning activities designed to increase self-awareness, build confidence, strengthen leadership and improve interpersonal skills. Our distinctive mentoring model helps participants push beyond self-imposed limitations, refine existing skills and develop important life skills that will build their capacity for in school, career, and life successes.	25 - 45
Physical Activity Leadership (PAL)	Participants gain confidence & competency in conducting quality physical activity sessions with limited resources, space and equipment – and learn to integrate math and literacy with movement and fun! Perfect for teens, teachers, parents, and anyone who works with youth.	25 - 60
Physical Education Support	Teachers gain advanced techniques and strategies to conduct high quality physical education sessions. On-site coaching and support is also available.	25 - 60
Nourishing MattersSM	Making mindful choices by exploring a new perspective on nutrition, increasing awareness of the 4 energy regulators, and learning keys to developing healthy eating habits.	25 - 45
Personal Empowerment	Tapping into the power of who we are and opening ourselves to greater possibilities through goal setting, building trust in self and others, transforming limiting beliefs, learning cooperation skills and using clear, authentic communication.	25 - 45
Learning to Lead	Positive coaching with ourselves & others, choosing our own responses and reactions, becoming outcome oriented, and experiencing empowerment vs. entitlement.	25 - 45
Work Readiness	Learn workplace professionalism, expectations and responsibilities, safety protocols & procedures, laws pertaining to teen employment, and portfolio & resume building.	25 - 45
CyberFIT / TEC (Technology Education Club)	CyberFIT and TEC sessions educate young people about healthy eating and active living habits while providing advanced computer hardware/software education highlighting industry accepted standards and certifications.	10 - 22
Sports / Physical Activity Sessions	WFIT provides a variety of recreational sports and physical activities including Move360 (Modified Team Handball), Soccer, Football, Basketball, Lacrosse, Softball, Drill, Dance, Yoga, Fitness & Wellness, and more! Learn fundamental skills through fun activities, competitive tournaments, and intramurals.	15 - 60

WFIT's signature training programs are designed for both teens and adults and are customized to meet your school or agency's schedule & needs

Price Schedule

Programs and Training Price Description

Program / Training Modules	Pricing Description	
Mentors in MotionSM (MiM)	Complete 30 Hour Training for 25-40 students (includes healthy snacks, lunch, materials)	\$10,800
Physical Activity Leadership (PAL)	One 3 - Hour Training for 20 – 60 Participants	\$900
Physical Education Support	One Hour of on-site PE support for up to 25 students	\$55 / hr. per trainer
Nourishing MattersSM	3 Hour Workshop for 20 – 60 participants (includes healthy ingredients for preparing snacks)	\$950
Personal Empowerment	One 6 - Hour Training for 20 – 45 Participants (Healthy lunch is additional \$10 per person)	\$1,800
Learning to Lead	One 6 - Hour Training for 25 – 45 Participants (Healthy lunch is additional \$10 per person)	\$1,800
Work Readiness	One 6 - Hour Training for 20 – 45 Participants (Healthy lunch is additional \$10 per person)	\$1,800
CyberFIT / TEC (Technology Education Club)	One 2 Hour Workshop for 10 – 25 students (Instruction only - does not include computers/laptops)	\$65
Sports / Physical Activity Sessions	One 90 Minute Sport / Physical Activity Session	\$55