

Fitlosophy's Fit@School Program Featuring Fitbook Junior Now Offered Through Healthy Kids Hub

/EINPresswire.com/ Fitlosophy continues the fight against Childhood Obesity with their Goal Setting Journal

fitlosophy, inc. continues to make strides in the fight against childhood obesity. Hot off the heels of partnering with St. Louis Public Schools to address the rise in childhood obesity in urban areas, fitlosophy announces that [fit@school](#) featuring [fitbook junior](#) will now be included as a resource in the [Healthy Kids Hub](#). The Hub was recently launched by Healthy Kids Out of School, an initiative of ChildObesity180 to support out-of-school programs in promoting healthy snacks and physical activity through customized, evidence-based tools and resources.



fit@school uses fitbook junior to encourage healthy activities and goal setting in an out-of-school time setting. fitbook junior aligns with Healthy Kids Out of School's three founding key principles – Drink Right, Move More, and Snack Smart. As children using fitbook junior log daily activity, journal food intake, and track water consumption, each of the principles are reinforced and encouraged. fit@school offers a teacher's kit as resource for leaders to easily integrate fitbook junior into the classroom, as well as out-of-school time activities.

Healthy Kids Hub users, who are primarily out-of-school time leaders, can search for products and programs online at www.HealthyKidsHub.org. As fitlosophy wants to reach as many children as possible, and understands different programs will have unique budget constraints, they are offering a significant discount on fitbook junior for Healthy Kids Hub users. "We are honored that our products were selected as a resource to help address the growing concern with obesity among children today. We are fully committed to working with organizations like ChildObesity180 and other non-profits to maximize our efforts and best leverage our products for this very necessary fight for a healthier future generation," said Angela Manzanares, fitlosophy founder.

Based in Orange County, California, fitlosophy's mission is to inspire people to live a healthy, active lifestyle by motivating and supporting them with innovative products, to redefine how people integrate fitness into their lifestyle, and to change the shape of our world - literally.

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<http://www.getfitbook.com>

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