

GenFit Youth Program

Creating a generation of fit youth!

GenFit is a youth fitness program for children 11-17 years of age. Participation in the program helps your child develop healthy lifestyle habits that will last a lifetime.

Participants receive a personalized exercise program, as well as guidance and support, from our degreed and certified exercise specialists.

Program features:

- Fitness assessments.
- Individualized exercise program under the guidance of a degreed and certified exercise specialist.
- Communication with physician regarding patient's progress.
- Monthly follow up meetings.
- Open-ended participation.

Program cost: **\$35 per month**

Participating UT Health East Texas
Olympic Center locations:

Tyler: 903-596-3233

Lake Palestine: 903-590-5967

UTHealthEastTexas.com/service/fitness



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East Texas
Olympic Center

