
AHARTT Activity and Fitness

UK Psychiatry Clinic for Adolescents at Risk for Substance Use (Including Tobacco & Alcohol)

AHARTT offers an **Activity & Fitness Program** that encourages adolescents to take an active role in their fitness and nutrition.

Free Fitbits and **Gym** memberships are provided for monitoring and improving personal fitness levels. Participating adolescents receive pre-, mid-, and post-fitness evaluations that test muscular and cardiovascular endurance.

The program includes **Nutritional Education**, addressing common nutritional follies and provides healthier alternative options.

Contingency Management and rewards provide reinforcement for meeting weekly goals.

To make a referral or for more information contact the
Psychiatry Intake Office at **859-257-9341**

Ask for the AHARTT Clinic

AHARTT (Adolescents Health & Recovery Treatment and Training) is a project of the University of Kentucky, Department of Psychiatry with funding from Kentucky Kids Recovery Funds