



Youth In Action: (summer program)

Child Hood Obesity is getting worst. You hear about it, people talk about it, and some even laugh about it - but it's really serious. We all know a kid or a few kids that's a little chubby, rosy cheeks, and we think that's a little cute and he/she will grow out of it. Well that's not the truth anymore. It isn't pretty, but it's a reality. Our youth are getting fatter and unhealthier by the day. Physical Education classes are either gone, or absolutely minimized in our educational curriculum. The classes that are still intact are ill-suited for the new generation

According to the CDC (pretty reliable source) Childhood Obesity reports stated that 1 out of 3 kids are overweight or obese.

As you can see, THERE'S A PROBLEM!!!

As a parent of young sons myself, I'm sure you also want to know the underlying causes behind these disturbing statistics? It's obvious that there is a lack of effectively designed positive, appropriately designed physical preparation programs for kids. Times have definitely changed: from playing outside all day as a kid to now gaming is the only form of exercise kids know of. Discover how to get your tween (ages 10-15) to lose weight, get in shape, and prevent being teased, bullied, as well as prevent chronic diseases permanently. TF's Certified Personal Trainers have the perfect youth camp for your child to overcome overeating, laziness, low self-esteem and live a happy, healthy, self-confident life.

We want your child to succeed now! Don't wait until it's too late and don't be in denial about your child's weight.

The Solution?

Youth in Action (YIA) focuses on improving your child's stamina by working on the three elements of fitness: endurance, strength and flexibility. Classes are fun as kids look forward to participating in fitness games.

Each day incorporates:

Fat melting cardio
Fun games for healthy competition
Speed, Quickness and Agility Drills

Core/Ab exercises
Leadership building, self-respect and having P.R.I.D.E. Values (Personal Responsibility In Daily Efforts)
Camaraderie
(weekly) healthy snack and nutrition overview

**As you can see, we aren't just changing athletic ability,
we are changing young lives.**

Parents! Do you find your child:

- One who often lacks confidence and self-esteem, either on the field or elsewhere?
- Resistant to participate in exercise or other physical activity?
- Struggling with a realistic, high quality nutrition program?

Team Fit's **YIA** summer program is an ideal opportunity for your child to start on the path of athletic excellence and future health and wellness today.

If you have kids that are inactive, need some fun, fitness and motivation Team Fit is here for you and your kids. Just like adults, kids can benefit from regular exercise. BRING WATER and be ready to have fun and exercise the ole fashion way!

Team Fit, Inc.

Fitness for Fun, Fitness for Life!

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