



# **FIT KIDS**

*Providing children of all abilities a positive, fun,  
safe environment for improving overall fitness.*



## **FITNASTICS**

**A special fitness program for:**

- \*Weight challenged children**
- \*Under-active children**
- \*Children with low tone or  
decreased motor ability**

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## **What is Fitnastics?**



Fitnastics is a program that has been developed for individuals that are weight challenged, have low muscle tone, or who are just inactive and need some exercise. This unique program uses multiple pieces of fun equipment to get kids moving. Trampolines, climbing walls, in-ground pits, bars, climbing ropes, spring floors, and much more is used to provide a fun fitness program. Children are challenged with strengthening, balance, and endurance activities.

## **Who can participate?**

Anyone can participate. Participants can be children and teenagers. Fitnastics can be a great way to get children and adolescents moving and on their way to a healthy lifestyle.

## **Why participate in Fitnastics classes?**

Recent media attention has focused on the poor lifestyle that our society has embraced over the past 20 years. Video games and computer technology has made us more sedentary. Our fast paced lifestyle has made it easier for us to use fast food restaurants more frequently. The inactivity along with the increase in caloric intake has created a significant rise in obesity as well as multiple health problems.

## **Childhood Obesity Fact Sheet**

\*In July 2004 , the U.S. Department of Health and Human Services stated, "Obesity is a critical public health problem in our country that causes millions of Americans to suffer unnecessary health problems and to die prematurely. Treating obesity-related illnesses and complications adds billions of dollars to the nation's health care costs." **U.S. Department of Health and Human Services**, July 2004.

\*In 2002-2002, 31% of children ages 6-19 were overweight, and 16.5% were seriously overweight, or obese. **USA Today**, June 16, 2004.

\*Teenagers in the U.S. have higher rates of obesity than those in 14 other industrialized countries. **Archives of Pediatrics & Adolescent Medicine. CNN.com.** Jan. 19, 2004.

\*Obesity now has an immediate impact on children's health. Type 2 diabetes affects children between the ages of 10-14. **Dickey, RA, et al.**

\*According to the *Journal of the American Medical Association* (JAMA), poor fitness in young adults is associated with the development of cardiovascular disease risk factors. **JAMA** 2003; 290:3092-3100.

\*Overweight adolescents have a 70% chance of becoming overweight or obese adults. This increases to 80% if one or more parents are overweight . **Office of the Surgeon General.** August 20, 2004.