



Let's **GET** and **KEEP** our
CHILDREN ACTIVE!!!

Ages 6-12

Monday, Tuesday, Thursday (4:30 - 5:30)

Ages 13-16

Monday, Tuesday, Thursday (5:45- 6:45)

Saturdays

Last chance to work-out & weigh-in
(9:00-10:30)

Fees Options:

\$20 - weekly

\$85 - 5 weeks prepaid

For registration contact:

Certified Fitness Trainer/IFPA Pro

Kalvin Brooks

912-270-4098

**POUND 4 POUND
for KIDS!!!**

Today, **one-third of all adults** are now classified as obese, a figure that has more than **doubled** over the last 30 years.

In the past 30 years, the prevalence of childhood obesity has more than doubled among children ages 2-5, has tripled among youth ages 6-11, and has more than tripled among adolescents ages 12-19.

The most recent National Health and Nutrition Examination Surveys (2007-2008) indicate that about 17 percent of children ages 2-19 years are obese. An additional 15 percent are considered overweight. Childhood obesity increases the risk for a wide array of health problems.

This program is designed to help kids with cardio and strength training for a healthy future!

Classes include: Strength and Power lifting, Plyometrics, Agility Training, Stretch, Cardio, Kick Boxing, Games.

Statistics gathered from N.I.H. (National Institutes of Health) & the we can! campaign:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/about-wecan/background.htm>

Location:

C.I.A. sports club

154 Granville Nix Lane
Brunswick, Georgia 31525

www.ciasportsclub.net

Located on the grounds of:
Community Lighthouse Baptist Church