



**317-650-0075**  
**www.MarciaErne.com**

## ***KidFit***

One in five young children is considered to be overweight or obese. Millions of youth are now at risk for developing degenerative illnesses as adults as a result of having a sedentary lifestyle. Spending too much time in front of the TV, playing video games, or on the computer and not enough time playing outside, combined with a diet of fast food and meals on the run is creating a generation that will suffer from high blood pressure, Type II diabetes, and cardiovascular disease. If they are not used to physical exercise in childhood, chances are those attitudes will continue into adulthood.

***KidFit*** encourages a healthy lifestyle. Research shows that strength training with children age 8 and above has a positive effect on weight control, upper body strength, core strength, balance, flexibility, and the development of healthy self esteem.

***KidFit*** is a workout designed to get kids moving and keep them interested by offering a mix of cardio, strength training using weights, body bars, bands, (appropriate to the age), and body weight, and stretching.

***KidFit*** Personal Training or small group instruction available by appointment. Call 650-0075 or e-mail [MarciaErne@sbcglobal.net](mailto:MarciaErne@sbcglobal.net).