



# Attention Parents: Only Read This If You Are Concerned About Your Child's Health and Conditioning



**I'm sure you are all aware of the growing epidemic of obesity in children. Childhood obesity is particularly troubling because of the extra pounds often lead to major health problems. Overweight children are at a higher risk of developing type 2 diabetes, high blood pressure, asthma, sleep disorders, eating disorders, etc... Being overweight can also cause low self esteem, depression, behavioral problems, and social withdrawal.**

## Introducing....The Boxers Guide to Fitness: Training Like a Champion for Children

We will teach children how to properly work out and enhance their body awareness while showing children how they can have a great time exercising.

The benefits of these workouts are:

- Fat Loss
- Lean Muscle Mass
- Improved Balance and Coordination
- Increased Strength
- Greater Speed Agility and Quickness
- Higher Self Confidence

The means used for these workouts will be

- Jumping Rope
- Bodyweight Resistance Training
- Elastic tubing exercises
- Simulated Boxing Movements

Join Akiva parent, GJCC Trainer and former boxer Michael Fish as he leads students in fitness activities designed for elementary school children. This is a definite must for all young children and a great way to burn off some extra winter energy! We will offer a trial class on March 3rd and March 10th from 3:30-4:30 at no cost. A full club will be offered 4th quarter...details will follow soon.

*All activities are  
aimed to be age  
appropriate for  
both boys and girls*

*Let's Get Healthy*