



Exercise + Fun = Fitness for Everyone!

Dear PTA, I am sure you are aware that our kids are becoming more sedentary and often make poor nutritional choices.

But, did you know...

- Currently 1/3 of American children are overweight or obese, & because of it, the current generation of children is expected to die younger than their parents.
- 16 percent of children & teens aged 6 -19 were overweight in 1999-2002, triple the proportion in 1980. 15% of children in the same age group are considered at-risk for overweight. The percentage of overweight African American, Hispanic, and Native American children is about 20%.
- One quarter of U.S. children spend 4 hours or more watching television daily.
- Researchers studied obesity prevalence rates from 1990 to 2006 and concluded that 75 percent of the population will be overweight, and 41 percent will be obese, by the year 2015.



These facts concern us & we are sure they concern you too. Here are three solutions:

1. Circuit Wellness is a new arcade style fitness center for kids to burn calories, while having fun! Certified professionals monitor their progress and help them set & achieve goals. We can help kids to lose weight, tone up, or they can just come to get active with their family & friends! We offer a unique incentive program so the kids can earn prizes and rewards. Annual Memberships start at \$25/month.* Send home the flyer for your students to receive a special deal, or schedule a field trip at a discounted group rate.

2. Circuit Wellness is Family Friendly! We have a 30 minute circuit workout on Life Fitness Equipment for adults and kids ages 12 and up so that families can exercise together! We offer healthy snacks at the Circuit Café and have a free child watch area for kids not playing exergames. Encourage them to come to your PTA fundraiser night, bring siblings & earn 10% of proceeds for your school!



3. Circuit Wellness offers a program called Circuit Kids Functional Fitness. This after school fitness program will cost *approximately* \$5 per week per child for a 6-week, 12 session program and reach 40-60 students each session. Funding can be made in whole or part by the PTA. Students in the 4th – 6th grade will have the opportunity to participate based on a “first come-first serve” basis, and others will be waitlisted & the first to participate in the next session. Circuit Wellness will provide flyers, permission forms, certified trainers, fitness assessments, nutrition tips, equipment and program evaluation. We can also add a healthy snack by request. Call Polly Benson 614-579-1142 for details, to arrange a presentation or to schedule classes.

It's time to get Active!

- Lightspace Play Floor
- DDR, Wii, Wii Fit, PS2 Exerbikes
- Makoto Sports Arena
- Xavix Boxing, Tennis, Baseball, Dance Mat
- Adjustable Simbio Life Fitness Equipment
- Free wellness screenings
- Nutritional Counseling & Personal Training



Call today to make a difference in the health of our kids!

info@circuitwellness.com

Opening Soon! Call or E-mail now to reserve your spot!!

*Child only member. Month to Month, Senior and Family Package Rates available.



30 minutes to a Healthier You!

www.circuitwellness.com

