

It's not really news. Unfortunately we hear too much today about the poor health and fitness of our girls. Some blame video games, junk food, or school cutbacks, to name a few.



Regardless of the reasons, many of our girls, especially those not on athletic or cheerleading teams are often overweight, out of shape or both. Even some of the more active girls have poor nutrition and lifestyle habits that will not serve them well throughout their lives.



The Transformation Center for Women is all too familiar with these issues and has developed

an outstanding after-school program for girls from eight to eighteen.

This program is offered in a nurturing, non-competitive and supportive environment and is geared toward developing the behaviors needed to be healthier and more physically fit, such as flexibility training, strength training, endurance training, and healthy eating habits.



The components of physical fitness are muscular strength, muscular endurance, healthy body composition, flexibility, and cardiorespiratory fitness.

Fit 'N Fun offers an opportunity for participants to experience positive results in each of the areas mentioned above.

Come join us for Fit 'N Fun!



Our uniquely qualified instructor Becca Marino emphasizes the importance of safety, leadership, great character, goal setting, positive attitude, positive energy, and self-confidence.

She creates a fun and enthusiastic atmosphere that provides an opportunity for participants to comfortably and safely learn, grow, and develop physically, spiritually, and mentally.

Additional Benefits:



Improved physical fitness
Greater confidence on the playground
Lots of healthy activity in a non-threatening environment
Improved self-discipline
Decrease the risk of developing diseases

and conditions associated with physical inactivity (e.g., obesity, diabetes, depression, high blood pressure, low self-esteem...)

Q: How do I know if my daughter is ready for the Fit n' Fun program?

A: In general, if a child is ready for participation in some type of sport activity (generally 7 or 8), then she may well be ready for our program.

Q: Do the potential benefits of youth strength training outweigh the risks?

A: Yes! We take into account growing bones and supportive musculature as well as differences in conditioning among participants.

Q: Why should you consider this program for your daughter?



A: Our positive and instructive approach cultivates a unique and safe atmosphere where each young lady can nurture and develop her mind and body through fitness training.

Also, getting your daughter active at an early age can foster healthy habits for a lifetime.

What participants and players have said about their training experience with Becca Marino

"I am very happy with the results. I noticed a clear increase in stamina and abilities as a result of the training we did."

"Thanks for being such a great coach and for all your enthusiasm and positivity at every session!"

As a result of the training we did I was able to become motivated enough to workout on my own! Thanks for all the tips and techniques you taught me."

Days	Ages	Times
M,W	8-11	3:30-4:30
M,W,F	12-15	4:30-5:30,3:30-4:30
M,W,F	16+	5:30-6:30,4:30-5:30

Duration: 60 minutes

Sessions: 12

Cost: \$212 (\$17 per session + \$8 supplies fee)

Note - ½ is due at registration and ½ is due on or before session 7

*Please bring a copy of your child's most recent physical

One-on-One training is available. Space is limited.

Equipment: H2O bottle, athletic shoes and attire

Fit N' Fun

1. Our program couples aerobic conditioning with progressive strength training for general health benefits
2. We also attempt to teach participants about their bodies, promote safe training procedures, and provide a stimulating program that cultivates a more positive attitude towards regular participation in resistance training and physical activity.
3. Participants will engage in activities that address all major muscle groups and exercise through a complete range of motion.
4. Participants will enhance their musculo-skeletal strength using a variety of safe, effective and fun training methods
5. Participants will build self-confidence

FYI: THE PHYSICIAN AND SPORTSMEDICINE - VOL 31 - NO. 9 - SEPTEMBER 2003 states that strength training programs designed for children and adolescents are safe and effective.

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FIT N' FUN FOR GIRLS



A health and fitness program for and about girls from The Transformation Center For Women