



# All Stars FIT CAMP

## *The Power of One*



### **It is every child's birth right...**

*...to live a happy and healthy life. Understanding how important it is to live healthier lives through proper diet and exercise can actually help your child's quality of life. The sooner they start to understand their bodies and how to care for it, the better chance they will have at doing so in their adult life.*

Whenever you get more than 5 children together in one place there is a chance of fighting, teasing, bullying especially if the child is a little overweight. There is also a chance of children just getting a lot of bad habits, like being a little disrespectful and out of control when they are not engaged in positive programs like fitness activities. It helps them to clear their mind and get out that excess energy of being stuck behind a remote or computer. All Star Fit Camp helps each child realize they are a star and have star potential. Children discover ways to change their life and realize that it begins with them thereby creating the *power of one*.

### **In All Stars Camp they will learn:**

- ✍ How to work out properly
- ✍ Gain confidence in themselves
- ✍ Team Work
- ✍ Fun Drills for Agility and Cardio
- ✍ Strength conditioning for muscle endurance
- ✍ Flexibility and Balance for Better Health
- ✍ Pretest and Post Test to show improvement from training
- ✍ How to Fight the battle of obesity with fitness and nutrition tips



We will treat your child with love and respect. With more than 20 years experience in teaching people of all ages, A Better Body's master trainer has transformed lives. We want your child to believe in themselves, to make better choices in diet and get healthier.

Fees are based on minimum of 15 children at \$10 each class per child. 4 week classes \$40 or 8 week classes \$80 or 10 week classes for \$100. Monday -Thursday between the hours of 9 am-4 pm. If your group comes to our facility, 12 children attending is the minimum.

If you would like your child or group to be a part of our All Star team this summer, please contact us at **514-4334 or 566-4544**. We are in the process of scheduling summer sessions for 2011 on your location or at our facility at the A Better Body Personal Development Center. Discover how the *power of one* can make your child a star. For more information visit our website at [www.upkudo.com](http://www.upkudo.com) or [www.abetterbody.us](http://www.abetterbody.us) or email to [masteranne@upkudo.com](mailto:masteranne@upkudo.com). References are available upon request.

***A Better Body.US***

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