

FUN CLUB



Fitness

Care

U

Learn

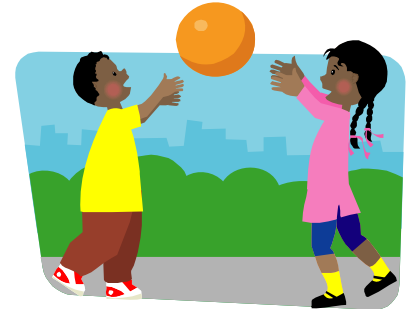
Need

Understand

Behave



- Physical Activity
- Obstacle courses
- Strength Training
- Confidence building
- Interactive discussions



Learn how to develop a healthy Lifestyle and the skills to achieve social success.

Ages 7 - 13

Mondays 6:30 - 7:30 pm

Jan - March (3 months) \$120.00

(Members \$99.00)

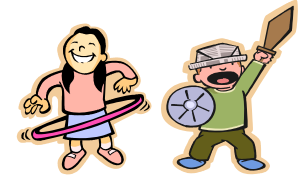
Join the FUN CLUB



Milton School of Jiu-Jitsu
310 Main St. (side entrance)
905-878-1074



Fitness-U-Need - but it has to be FUN



Kids are spending more time with TV and video games and less time on physical activities.

Canadian Kids get poor grade in fitness report says

A report on physical activity levels for Canadian children and youth gives kids a D when it comes to fitness.

The report relies on data from a number of provincial and national surveys and reports.

The Grade has been D since 2005, the first year the report was released. However, this year, it finds more and more children are inactive, spending more time in front of TV and reporting higher levels of obesity.

Canada's Report Card on Physical Activity for Children and Youth for 2008, published by the charitable group Active Healthy Kids Canada, finds that 90 per cent of Canadian children and youth are still failing to meet the guidelines outlined in Canada's Physical Activity Guides for Children and Youth. The guidelines recommend 60 to 90 minutes of moderate-intensity physical activity per day on most days of the week... (CBC News—May 27, 2008)

Fitness = Confidence



At Milton Jiu-Jitsu we have been helping kids build confidence for over 30 years. During this time we have seen how kids love to be active when it is fun. However, not all kids want the contact element of martial arts. With this in mind we have developed a program that stresses the key elements of physical activity, endurance, strength and flexibility without the competitive nature of martial arts. This helps build confidence through accomplishment and ability.

Keeping it FUN

FUN CLUB is a one hour program that consists of multiple activities such as, obstacle courses, climbing, running, rolling, jumping and other activities that help build strength and confidence.

We also include time for interactive discussion about nutrition, fitness and social situations. The aim is to create an understanding of how to develop a healthy well balanced life.



Learn about the many benefits of exercise

Be a part of the **CLUB**

Care (about yourself and others)

Learn (how to care for your body)

Understand (what a healthy life requires)

Behave (taking responsibility for your actions)

Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- Have stronger muscles and bones
- Be less likely to become overweight
- Decrease the risk of type 2 diabetes
- Have a better outlook on life

In addition to the health benefits of regular exercise, kids who are physically fit are better able to



handle the physical and emotional challenges that a typical day presents.

Kids who are physically fit sleep better

Monday's 6:30—7:30 pm

3 month sessions
(Winter, Spring, Fall)

\$120.00 per session
(\$99.00 for Jiu-Jitsu members)



FUN CLUB

Milton School of Jiu-Jitsu
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(side entrance)

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