

Come in  
for a **free**  
**in-depth**  
**consultation!**



A new **children's fitness**  
program teaching **healthy**  
**habits** that will last a lifetime!

For more information contact Julie Wingate, Center Director

**508.879.6544**

or email [info@suburbankidfit.com](mailto:info@suburbankidfit.com)

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Suburban tackles the growing challenges of **childhood obesity** with a **special new program!**

The Suburban Athletic Club and Suburban Child of Framingham, in close collaboration with the Framingham Parks and Recreation Department, are proud to announce they have developed **kidfit**, a bold new program to rid our community of the problems of childhood obesity and inactivity. The mission of **kidfit** is to teach children the essentials and importance of a healthy lifestyle. Children gain a sense of well-being and self-esteem as they adopt eating and fitness habits better associated with healthy living.

**kidfit** participants attend the club twice per week for one hour each visit. Over the weekend, participants also have the option for a third day where they can avail themselves of Suburban Athletic Club's fitness facilities,



Open to children ages 5-15

basketball/soccer area and Olympic-size swimming pool. The Suburban Athletic Club is a premier health, fitness and recreation complex offering activities for the whole family.

The centerpiece of the program is the **kidfit** Center, comprised of kid-friendly, non-traditional, cutting-edge fitness equipment and movement materials. The equipment (22 stations)

integrates exercise and physical activity within a computerized virtual reality and interactive environment. Children also have access to the vast facilities of the 75,000 square feet of the Suburban Athletic Club.

A week rarely goes by without newspapers, journals, TV, teachers and community officials reporting on the growing problem of childhood obesity and inactivity. As reported by the Surgeon General, the problem has reached epidemic proportions among all population groups, but particularly hard hit are children, where currently one child in five is overweight. The **kidfit** program has been developed to help change the lives of many of our community's children.

Our team of experts will help build your child's self-esteem and confidence with activities including:

- **obstacle course**
- **relay races**
- **circuit training**
- **swimming**
- **aerobics classes**
- **capture the flag**
- **racquet sports**
- **water aerobics**
- **follow the leader**
- **kickboxing**
- **and much more!**

**A talented group of health and fitness experts are involved in **kidfit** including a licensed physical therapist, certified personal trainers, a certified nutritionist and a wellness advisory board.**

**The program emphasizes weight loss and weight control, proper nutrition and healthy eating habits, and the importance of being physically active in order to be healthy, fit and happy long into the future.**



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