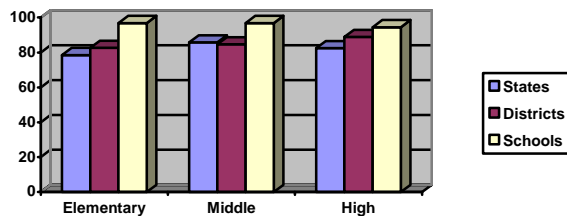


# HEALTH STATISTICS

- Childhood obesity effects children of all races. The CDC reports in 2000, children between the ages of 6-11: 11.9 percent of boys and 12.0 percent of girls (whites); 17.6 percent of boys and 22.1 percent of girls (African Americans); 27.3 percent of boys and 19.6 percent of girls (Mexican Americans)
- According to the American Heart Association in 2005, overweight in children and adolescents can result in a variety of adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia (disorder in the lipoprotein metabolism), and the metabolic syndrome.
- "We estimate that 22 million of the world's children under 5 are overweight or obese," said Mary Bellizzi, an expert with the International Obesity Task Force
- Among schools that require health education, 43% require students to take two or more health education courses. (Center for Disease Control)

## PHYSICAL EDUCATION REQUIREMENTS

*Percentage of states and districts requiring schools to teach physical education and percentage of schools requiring students to take physical education by school level*



**CONTACT A REPRESENTATIVE TODAY:**



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KIDS UNDER CONSTRUCTION

Building a generation of healthy children.



- Group Fitness Classes
- Fitness Coach
- Monthly Newsletters
- Monthly Activities
- Food Suggestions
- Exercise Suggestions



*Energy Balance is like a scale. When calories consumed are greater than calories used weight gain results*

## OUR VISION AND COMMITMENT

***Kids Under Construction*** offers the complete fitness package for all children between the ages of 7 – 15 years old. The program is not only targeting children that may be overweight, but young people that are interested in living a healthy lifestyle. We offer a monthly newsletter, monthly activities to help promote being active, group fitness classes, personal trainers, and food suggestions.

***Kids Under Construction*** understands all children are not the same. So our approach is to provide encouragement to them that relates to their day to day lives.

We help show them the decisions they make today effects their bodies tomorrow.



Then we offer some alternatives to equip them to make better choices. We encourage older children to get in the kitchen to prepare healthier food selections

Studies are even showing that the overweight children today are most likely to grow up to be overweight or obese adults.

However we believe if children learn now how to make healthier food choices and the importance of daily exercise their lives can be so much better.

At ***Kids Under Construction*** we are committed to help you in this effort. Together we know that we can build a generation of healthy children and win the battle of childhood obesity.



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- ...overweight children have a 70 percent chance of being overweight adults.

***Robert Eckel-AHA President***

- 
- ...today's youth could be the first U.S. generation to die younger than their parents.

***Bill Clinton***

- 
- “We can educate our children and keep them healthy. And it only takes the right incentives...”

***President George Bush***



KIDS UNDER CONSTRUCTION