

**Fitness Camp** combines fitness, nutrition, and the bible where kids discover how fitness and nutrition relate to God's purpose for each of us.

Why do Fitness Camp? Check out the following stats . . .

Physically active children have fewer chronic health problems, stronger self-image and more self confidence.

The fittest children scored almost 30% higher on standardized tests.

America spends \$127 million per year on costs related to childhood obesity.

Experts estimate 20% of children between the ages of 6 and 17 are overweight.

The number of children who take pills for type 2 diabetes more than doubled from 2002 to 2005.

The US Government recommends at least one hour of physical activity per day.

Most elementary school students are physically active only 3 ½ minutes per 40-minute PE class.

Children in the US watch an average of 3 – 4 hours of television a day.

11 – 14 years olds spend nearly 7 hours a day using media and view over 40,000 commercials per year.

The average age of a child's first alcoholic drink is now 12 years old.

Each day 5,000 children under the age of 18 smoke their first cigarette.

**FITNESS CAMP** will be for Rising 1<sup>st</sup> through 6<sup>th</sup> graders and led by Jennifer Fowler and a team of very energetic camp leaders (more are needed). Tuesday-Thursday, June 8-10<sup>th</sup>, 10am-2pm at a rate of \$20 per day, or \$50 for all 3 days. Registration is required to ensure supplies, food, and safety ratios are in place. This event is open to the community and registration will begin on Sunday, Mother's Day. Registration forms are hanging on Mrs. DeDe's office door and you may return the completed form along with the check to Mrs. DeDe at your earliest convenience.