

Personal Training by Robert J. Bovee

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YOUTH FITNESS

Is your child getting enough daily exercise? If you're not sure, here are a few shocking facts that should make you consider tracking your child's daily activities.

Fact #1 - 64% of children have at least one risk factor for heart disease!!

Fact #2 - 70% of girls and 40% of boys ages 6 - 12 can not perform just 1 pull-up!!

Fact #3 - 30% - 60% of elementary school children are obese!!

Fact #4 - 40% - 50% of our youth do not get adequate exercise to build cardiovascular endurance!!

Fact #5 - According to the Amateur Athletics Union (AAU) Youth Fitness Study, there has been declines in satisfactory performances in strength, flexibility and endurance of the prepubescent population.

One of the main reasons for this poor performance is definitely related to the reduction or elimination (in most cases) of physical education programs in the public schools. In grades 5 – 12, only **36.3%** of children get a physical education on a daily basis.

We feel the youth of today need to be taught an education on fitness and should be given an opportunity to experience a variety of activities that can contribute to their fitness level. As a result, we offer personal training services that specialize in youth fitness.

Not only do we specialize in youth fitness, but it is an opportunity for us to educate your child on exercise and how to lead a healthy life. Your child can learn how important being healthy is which will carry on into their lifestyle.

With an increased awareness of the importance of a healthy lifestyle, we encourage you to monitor your child's daily activities. In most cases, this will fall short of the level of activity needed to ensure that your child is healthy and will be able to continue their health into the adult years.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.