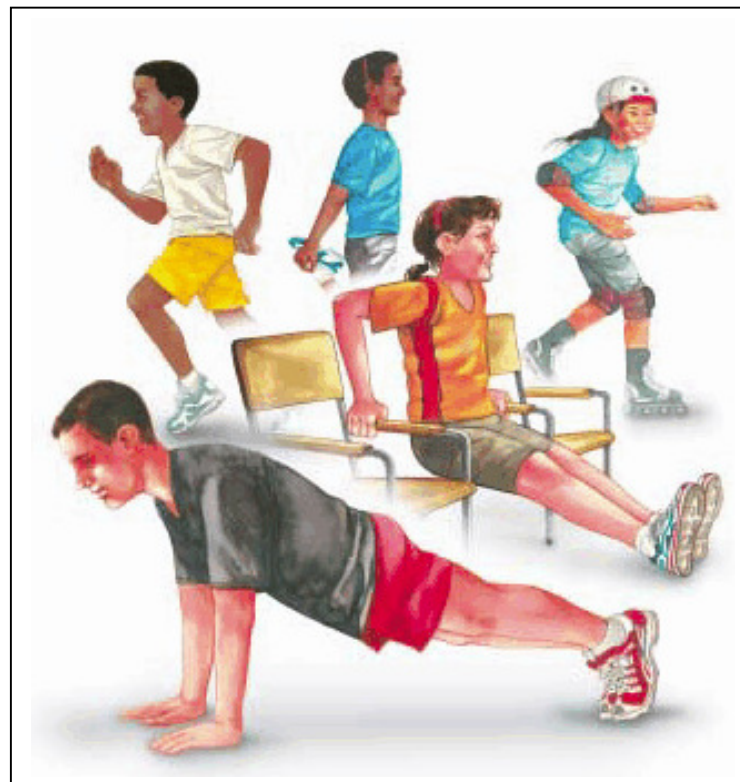


## Youth Personal Training

Fit, active kids have a robust heart, strong muscles, a lean body and a good immune system. Find out how a YMCA Personal Trainer can help your child get started with a fitness program to develop a healthy lifestyle.

### Benefits of Physical Activity

- helps release “feel good” hormones, which can help reduce anxiety and stress, improve mood, and promote relaxation.
- promotes a positive self-image.
- helps build and maintain healthy bones, muscles and joints.
- helps manage weight, build lean muscle and reduce fat.
- increases cardio-respiratory (aerobic) fitness.
- enhances flexibility and posture.
- prevents or delays the development of high blood pressure and helps reduce blood pressure in some adolescents with hypertension.
- encourages socialization through organized group activities.



**Cost:**  
\$20 for a 30 minute Session  
\$150 for a 8 package deal (30minute sessions)  
**Program code: 05fitpt8/30m**