

## Statistics

- Every 34 seconds someone dies from heart disease
- Every 20 seconds someone has a heart attack
- Over 250,000 people die annually from heart disease
- 50% of kids ages 12-21 are not active
- Over 10% of kids have diabetes, which is over 20 million total
- Diabetes is the 7th leading cause of death in the U.S.
- 25% of children in the North East are obese (21% of children in Connecticut are obese)
- Estimated in the next 2 years over 50% of children in the U.S. will be obese

## Benefits of physical activity

- Weight control
- Decreased risk of heart disease
- Reduced risk of high blood pressure, diabetes, and cancer
- Improves your mood
- Boosts energy level
- Helps sleeping patterns

## Requirements

*Must be a Cardinal Shehan Center member, ages 11-18, Dr's. Note saying they can participate, and some ability to swim.*

*Questions Call Joe (203)336-4468*



**Fitness**  
**4**  
**Life**



**Come Be Active!**

**M, W, S Jan 18th- April 12th**

## What is Fitness 4 Life?

The main purpose for the Cardinal Shehan Center's Fitness 4 Life Program is to teach the



community how to live and lead a healthy life style. This program will be offered to

24 Shehan Center members to educate them on physical activity, obesity, nutrition, and disease control. This is a free 12 week program for members which is taught by Physical Education and Nutrition specialists.

## What children will learn?

- Children will learn and discuss how to live/lead a healthy lifestyle
- Children will learn what pedometers are and how to use them



• Children will learn how to use weight room equipment

- They will learn what equipment strengthens which muscles
- Children will learn about healthy eating habits and nutrition
- Children will learn about food preparation and decision making regarding food

## What will the children do?

- Have Fun!!!!
- Go through a 12 week fitness program involving fitness, nutrition, and sport activities
- Participate in pedometer challenge for prizes
- Homework based on healthy eating habits
- Design fitness programs
- Compete in relay races
- Aquatic fitness programs
- Make and learn about healthy snacks

## Activities include..

Basketball, swimming, relay races, Tag activities, Weight room/swimming training, adventure activities, and much more.