

Who, What, When, Where?

This is a six-week program for overweight Tweens & Teens (ages 10-18) and their families that focuses on healthy lifestyles, building healthy exercise habits, and healthy eating alternatives.

We encourage the entire family to participate **TOGETHER!**

**Mondays, Wednesdays,
and Fridays**

5:30-6:30pm

Member Fee: \$30

Community Fee: \$60

Fee Includes Family

Participation in

Metabolism Classes.

In our looks-obsessed society, lots of people think that being overweight is an appearance issue. But being overweight is actually a medical concern because it can seriously affect a person's health.

The health problems that stem from being overweight go way beyond the ones we usually hear about, like diabetes and heart disease. Being overweight can also affect a person's joints, breathing, sleep, mood, and energy levels. So being overweight can impact a person's entire quality of life. ~ www.kidshealth.org

*Let the YMCA help build
your strong family.*

Program Contact:

Nanci Gregory
nancig@ymcacv.org
464-6130

Adrian L. Shuford, Jr. YMCA

1104 Conover Blvd East
PO Box 280
Conover, NC 28613

Phone: 828-464-6130
Fax: 828-464-1663
www.ymcacv.org



Metabolism Masters

**A family
that works out
together...
Stays
together!
Build a
lifetime of
good habits
TOGETHER!**

July 6th-August 14th

**REGISTRATION
REQUIRED
BY JULY 3, 2009**

**Building
Strong Kids,
Strong Families,
Strong Communities!**

▶ **Metabolism Masters Curriculum**

This is a 6 week program that includes learning the tools to live a healthy lifestyle. Regular exercise, correct nutrition, and other healthy habits are all incorporated in the class sessions. Some of the specifics you will experience are:

- Weekly seminars with a certified dietician,
- Healthy cooking classes for the entire family,
- A walking tour to the local grocery store and what to look for on nutrition labels.
- Fun exercise routines and workouts specifically designed for the Tween/ Teen age-group.
- Graduation Ceremony and Recognition

We also encourage the family to carry out the new healthy habits after the program. We offer many opportunities for families to exercise and spend time together!

Youth's Name: _____

Age: _____ DOB: _____

Please circle: Member
Community Participant

Mailing Address: _____

Parents/Guardians & Other Immediate
Family Members Names: _____

Home Phone: _____

Cell Phone: _____

Email: _____

I waive and release any claims for damage I may have against the YMCA for any and all injuries which may occur during participation in this program. In the event that I cannot be reached by phone, I hereby give the YMCA staff permission to obtain medical attention for my child. I agree that the YMCA may photograph or videotape the member/participant for their marketing purposes. In addition, I release the YMCA from any and all claims or liabilities to that use.

Parent/Guardian

Date

The YMCA offers many family activities, such as...

Family Swim Times *

Teen Fit Zone *

Open Gym Time *

Aerobics Classes*

(Graduates of Teen Fit Zone or Metabolism Masters may attend Aerobics classes with parent/guardian)

Outdoor Club & Hiking

Fencing*/Karate

Racquetball *

* YMCA Membership Required.



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YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.