



Peak Fitness wants to help you take Action and join the fight against Childhood Obesity!!! During the month of February any child 5-11 yrs of age can participate in Peak Fitness's Peak Variety for kids FREE!!

Peak Variety for kids Wednesdays 5:30pm-6:30pm

In addition to Peak Variety for kids, Peak Fitness also Offers Memberships for adolescents ages 12-17 for as low at \$8.00 a month with a family membership.

Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children ages 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents ages 12 to 19 years increased from 5.0% to 18.1%.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.