

For Immediate Release

## **Edgar May Health and Recreation Center launches youth fitness initiative**

*Includes free fitness programs for ages 10-15 and personal training*

The latest research has found that strength training can be safely incorporated into a child's fitness or sport related exercise routine. However, a program must be compiled by a knowledgeable professional taking into consideration proper precautions and the differences between training an adult and training youth.

With that in mind The Edgar May Health and Recreation Center is introducing a new youth fitness initiative which includes free group fitness classes, fitness center training courses and youth personal training to meet the fitness needs of this population and provide guidance to area youth on how they can safely improve their health and fitness.

Beginning July 2nd the EdgarMay will offer two free drop-in group fitness classes per week for ages 10-15 in the fitness center. Class will include an instructor led workout showing the correct ways to use the strength and cardiovascular equipment as well as stretching. Participants will also be given the day's workout in an easy to follow program that they can then do on their own!

In addition to group classes, the Fitness Center Training Course is another opportunity to learn about fitness. FCTC is one on one and includes one hour with a trainer to prepare youth for proper training through specific strength conditioning and cardiovascular exercise in the fitness center. Upon successful completion of this course the participant will be able to use the fitness center on their own with a training plan from the personal trainer. The fitness center training course is for ages 10-15 by appointment, which can be made by calling the front desk or registering online and is a FREE program.

Youth personal training will also be offered by ACE Certified Youth Fitness Specialist Kimberly Irish for one or two youth participants per session. The main goals of youth personal training are to gain confidence, develop lifelong healthy habits, decrease the likelihood of injury in the future and to have fun in fitness. Participants are given realistic expectations as well as the skills needed to develop healthy habits.

In all of the youth programs EdgarMay trainers give instruction and programming allowing gradual increases in strength, flexibility and cardiovascular conditioning.

All of these youth fitness programs will be ongoing and begin on July 2<sup>nd</sup>. To find out more about youth fitness contact Kimberly Irish through email at [kirish@myreccenter.org](mailto:kirish@myreccenter.org) , phone 802-885-2568 or stop by the front desk at the Edgar May Health and Recreation Center at 140 Clinton Street Springfield VT.

