

KIDS CAN STAY FIT TOO THIS HOLIDAY SEASON WITH THE HELP OF MY GYM CHILDREN'S FITNESS CENTERS

Franchise Comes Up With Tips To Help Fight Childhood Obesity

(Los Angeles, CA) – The holidays are the most difficult time to maintain a fit and healthy lifestyle. Just as adults try to watch their waist-lines while their mouths water over pumpkin pie, kids can also struggle with weight gain after indulging on food and desserts high in calories and fat.

While the focus come December is always on adult weight gain, kids are equally at risk. With the rise in childhood obesity, **My Gym Children's Fitness Center**, the country's most renowned children's fitness centers, has come up with several fun fitness tips for kids this holiday season.

Whether you live in a warm or cold climate, these are activities you can do to help get your child **off the couch and on the move!**

- Walk while you shop. It's gift-giving season, so when you're at the mall make sure your child is walking everywhere – eliminate the stroller if your child is old enough to walk.
- Play with your child. Most kids are on holiday break so take them outside- to a playground or in your backyard - throw and catch, tag, or hopscotch. Build a sand castle or a snowman.
- Exercise with your kids. Studies prove that if you let your children see you keeping fit, they will want to do the same.
- Holidays can be a busy cleaning time. Exercise through doing chores:
 - Wash or put away the dishes.
 - Fold laundry.
 - Sweep or vacuum the house; mop.
- It's cold outside, so build a fire. Have kids stack or carry in wood for building fires.
- Marketing and cooking is a must during the holidays. Have kids help carry the groceries, from the car to the house. While you're cooking, ask your kids to get involved.
- Holidays are a happy time so laugh (a ton) – burns calories and builds stomach muscles!

My Gym's wide variety of physical early learning/pre-gymnastics classes offers children an outlet for fun and fitness in a controlled and safe environment with state-of-the-art facilities and highly-qualified professionals. Named one of Entrepreneur Magazine's fastest growing franchises in 2003, **My Gym** currently has over 130 locations in the United States and several international locations. For more information about **My Gym Children's Fitness Centers** please visit www.my-gym.com.

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