

Important stats on exercise and kids

Continued from pg. 3

Some important facts:

- According to Statistics Canada, at least 25 percent of Canadians between the ages of two and 17 are overweight.
- The Active Healthy Kids Canada 2009 Report Card found that only 13 percent of the country's children and youth were getting 90 minutes of physical activity a day.
- The Canadian Medical Association Journal reports that the average Canadian kids spend three to five hours a day in front of a TV or computer screen.
- That same report states that in the past 15 years, the incidence of obesity has grown more than 50 per cent in children age 6 to 11.

Gymnastics is a fun, fantastic sports for kids to get involved in at a recreational level and many programs start as young as one year old. The federal government has shown their support in getting kids active by touting their children's fitness tax credit. It's their way of encouraging parents to help their kids get active by being able to claim a maximum of \$500 a year for eligible fitness expenses. Gymnastics is one of those eligible for the tax credit, and can be started a much younger age than most sports and can continue for many years at a recreational level for those that don't necessarily excel in the team sports that get more and more competitive as their children get older.



Cassie Pettersen, 10, shows off her skills learned at Cartwheels Gym Centre.

Parents interested in enrolling in gymnastics should investigate the different centres in the area to find the one best suited for their families needs.

—Article submitted by Jenn Unsworth and Patricia Murphy, Cartwheels Gym Centre, 318 Guelph St, Georgetown, 905-702-9904, info@cartwheelsgymcentre.com, www.cartwheelsgymcentre.com

CRISPIN KARATE

\$90/10-Week Program (cash only)
Kinderkicks (ages 4-7)
Juniors & Adults

No yearly contract

Sensei
 DL Crispin
 3 time World
 Champion and
 28 years teaching
 experience

Register Wed. Sept. 1
 6:30-8:30 pm, Cedarvale Park Gym

Classes
 Wednesdays
 starting Sept. 8

905-877-9009
\$5 discount with this ad

Black
 uniform
 required

Store Hours
 Mon-Wed 10-6
 Thurs-Fri 10-8
 Sat 10-5

BACK TO SCHOOL SHOES THAT FIT!

- proper measurement •width selection
- supportive footwear •quality that lasts

WE
 FIT
 KIDS



**FEET IN
 MOTION**
 Your Active Footwear & Apparel Store



905-877-3201

72 Main St. S., Georgetown

Stay fit, Feel good, Live life.
 We fit your lifestyle.



Learn. Explore. Discover.

Still Accepting Registrations for September!

Limited Spaces Available!

Nursery School Program

2 1/2 to 4 years old
 Mon - Fri (Morning, afternoon or full day)

JK Program

4 years old
 3 full days (Mon, Wed, Fri)
 2 full days (Tues, Thurs)
 5 full days (Mon - Fri)

11643 Trafalgar Rd. (North of Maple Ave.), Georgetown, ON

Call 905.877.4221

www.harmonypreschool.ca