

# Jump, run, and tumble at a young age aids self-esteem

Sports like gymnastics, tumbling and trampoline are all great activities for keeping kids physically active and healthy. With children being able to join gymnastics programming as young as one in parent and tot classes, it's a fantastic way for parents and toddlers to get active together.

Gymnastics is a wonderful sport for all to join starting at a recreational level to learn strength, flexibility, coordination and movement. Few will climb to advanced or competitive programming, but recreational gymnastics is something that children can enjoy and benefit from for many years.

New research from Canada and the United States is showing that children who are overweight are suffering from low self-esteem as early as Kindergarten. Ten and 11-year-olds suffering with weight issues were found to be twice as likely to report low self-esteem compared with kids of regular weight. Sadly, the psychological consequences may continue to haunt them later on in life.

According to a Stats Canada report, childhood obesity has become a pandemic in Canada with an alarming rate of children between the ages of 2

and 17 being considered overweight or obese.

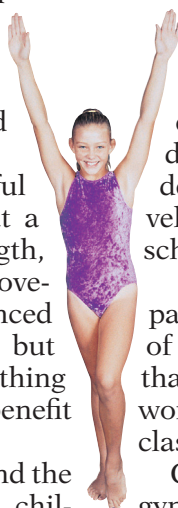
Knowing all of the above information, it's important to know the benefits of gymnastics can begin at a very young age. The foundations of movement that children naturally go through during their preschool years under the age of six are taught, developed and broken down in preschool gymnastics classes.

The youngest gymnasts participate in class with the assistance of a parent or caregiver and those that stick with it can progress to working on their own in low ratio classes designed for preschoolers.

Children can join recreational gymnastics at any age, benefiting their personal health and fitness levels throughout the school years. It's important to know also, that gymnastics qualifies as one of the activities parents can claim through the Children's Fitness Tax Credit the Ontario Government offers to families.

*Submitted by Jenn Unsworth & Patricia Murphy, co-owners and coaches of Cartwheels Gym Centre Inc., 318 Guelph St., Georgetown, 905-702-9904*

[www.cartwheelsgymcentre.com](http://www.cartwheelsgymcentre.com)



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## 2010 Seasonal Influenza (flu) Immunization Clinics at Seniors' Centre Locations

The Halton Region Health Department is offering free seasonal flu immunization clinics to Ontarians six months of age and older. No appointments are necessary.

- The pandemic H1N1 flu strain is one of three strains included in this season's vaccine.
- For best protection against influenza, yearly immunization is recommended.
- If you have a fever or do not feel well, postpone your visit to a later date.
- Please wear a short-sleeved shirt.
- Visit [www.halton.ca/flu](http://www.halton.ca/flu) to learn more about influenza and for the most up-to-date clinic information.

|                       |                        |                                  |  |
|-----------------------|------------------------|----------------------------------|--|
| Monday, October 25    | 10:00 a.m. – 1:30 p.m. | Georgetown Seniors' Centre       | Indoor Mall, Unit 9, 318 Guelph Street, Georgetown   |
| Wednesday, October 27 | 10:00 a.m. – 1:00 p.m. | Acton Seniors' Recreation Centre | Acton Arena, Community Hall, 415 Queen Street, Acton |

Please let us know as soon as possible if you have an accessibility or accommodation requirement by dialing 311 in Halton Region, 1-866-442-5866 outside Halton Region, TTY 905-827-9833 or emailing [accesshalton@halton.ca](mailto:accesshalton@halton.ca)

### Halton Region's 2010/2011 seasonal influenza (flu) immunization clinics have started.

Halton's seasonal influenza (flu) immunization clinics have begun this month at senior centres. Community clinics will begin on November 1.

Flu immunization is free and recommended for all those six months of age and older. The H1N1 pandemic flu strain is now one of the three flu strains included within the annual seasonal flu vaccine so there is only one flu vaccination required.

Reduce your risk of catching or spreading the flu. Wash your hands frequently with soap and water or use alcohol based hand rub, cough and sneeze into your sleeve, stay home when you are sick and get your annual flu immunization.

Visit [www.halton.ca/flu](http://www.halton.ca/flu) or dial 311 to learn more about the flu and clinic dates and locations.



Gary Carr  
Regional Chair

**Halton Regional Meeting Schedule** **Oct. 25** Municipal Election Day  
There are no meetings for October. Meetings can be viewed at [www.halton.ca](http://www.halton.ca)

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