

Local Motion hopes to put Youth in Motion this summer

ParticipACTION's recently released Report Card on Physical Activity for Children and Youth paints a dire picture for Canadian children, giving them a D- for overall physical activity. A dismal 5% of youth, aged 12-17, are meeting guidelines of 60 minutes of moderate to vigorous intensity daily.

Jason Fournier, owner of Local Motion Fitness in Acton would like to improve the grade.

"It is truly frightening that a whole generation may not live as long as their parents due to disease from sedentary lifestyle. The report has many recommendations and we want to be a part of the turnaround," he said.

Local Motion is launching a new program called Youth in Motion this summer. During the months of July and August, any youth between the ages of 12 and 17 can participate for free in any classes if there is available space.

Manager Sue Capper said, "We have a great space and our instructors are trained to coach and deliver some really fun programs that perfectly meet the guidelines of 60 minutes of vigorous activity. Our class schedule has a wide variety and most are one hour long and we are local, so the kids can safely walk or bike to our studio."

"We have already had great success with our school programs this year," said Fournier. Local Motion has partnered with McKenzie-Smith Bennett and Acton High schools to get youth moving in its unique programs which are not available at the schools. "We were patient with choosing our location so that we could provide these programs without having to bus the kids, saving money and giving them another chance to move— during the walk!"

Capper added that the youth programs offered at Local Motion complements school programs.

"The schools have large spaces to offer team sports and the like. But they do not have the equipment and programming to train individuals to their own level in a group environment," she said.

Capper noted that Local Motion's Group Power class is the only program in Acton that can offer barbell weight training to an entire class of students at the same time, all while being supervised, coached and motivated by specifically trained and certified fitness instructors.

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Sport Appearance Package model shown*

HYWY: 6.3L/100 KM CITY: 8.5L/100 KM*



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HYWY: 7.2L/100 KM CITY: 9.7L/100 KM*



SE Tech model shown*

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5-Door GLS model shown*

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