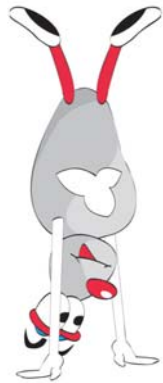




Have you heard about the GYMFIT CHALLENGE?

GYMFIT CHALLENGE is...

A fitness project designed to encourage exercise through fun activities. Throughout the program, recreational participants will learn about the three main components of fitness: strength, flexibility and cardiovascular training. They will participate in organized fitness activities, goal setting exercises and will be introduced to basic nutrition to encourage and promote a healthy lifestyle.



Who can participate?

It is geared towards both boys and girls aged 6-12 years old.

What will the club receive?

Clubs accepting the challenge will receive an information package that outlines 5 sessions worth of exciting activities and lessons relating to fitness. Incorporate it into summer, winter and March Break camps or easily incorporate it into regular gymnastic sessions. In addition, clubs will also receive a number of freebies that can be handed out to participants.

What are the freebies?

- * FLEX stickers
- * GYMFIT CHALLENGE t-shirts
- * GYMFIT CHALLENGE bulletin board materials
- * Gymnastics Ontario water bottles

How can your club participate?

Contact Gymnastics Ontario and ask for a registration form. No charge for the program!



BRING FLEX TO YOUR GYM FOR THE GYMFIT CHALLENGE!



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