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KidFit classes at local schools

The Vine Hill and Brook Knoll F.A.N. Club in Scotts Valley is excited to answer the call for more active kids by offering an amazing fitness program by Energetix Fitness. Local mom, fitness trainer, sports enthusiast and founder Kathy Craft makes moving fun.



The program focuses on strength, power, agility, flexibility, coordination, spatial aware-

ness and athleticism in a fun and creative environment. The children engage in dynamic warm-ups, stretches, circuit stations, fitness games and proper cool-down techniques.

We know the startling statistics about childhood obesity and the inactivity of our youth today. A recent study by the American College of Sports Medicine also showed that more active kids achieve higher grades.

The guideline is 20 minutes of vigorous exercise at least three times a week. P.E. class might not always count for this: "Vigorous" means heart rate up and blood pumping. KidFit addresses the issue of inactivity and helps children to establish regular exercise habits that will continue throughout their lives.

Craft is passionate about fitness and really inspires the children to share that



Lucjan Szewczyk/Press-Banner

GET FIT: Gavin Klim (front) stretches during a warm-up exercise at an Energetix Fitness class, before the group begins a plethora of active outdoor games led by Kathy Craft (rear left).



SHAMA BALL

FOOD FOR THOUGHT

passion. The participation of both Brook Knoll, which completed the program in spring, and Vine Hill in this program is a step in the right direction

to encourage children to be more fit.

Craft also offers adult classes that focus not only on the fitness aspect of exercise, but also on the connection to the environment.

For more information on Energetix Fitness, go to www.energetixfitness.com.

■ *Shama Ball is a mother of two who has always been interested in fitness and nutrition. The F.A.N. Club is a Vine Hill and Brook Knoll PTA committee run by parents who are passionate about motivating and informing families about healthy choices for daily living.*