

FOR IMMEDIATE RELEASE

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Local Kids Are Getting Fit With Club KidFit

SAINT LOUIS, Missouri (March 25, 2011) – Kids all across St. Louis are joining Club KidFit, a local nonprofit organization, to stay active all year round through after-school classes and summer camps. Over 70 dance, cheer, and drama summer camps are currently booked throughout the St. Louis Metropolitan Area at various schools, community centers, and parks this to host Club Glee, Hip Hop Dance, Dance and Cheer, Petite Poms, and Petite Princesses programs.

Club KidFit programs are targeted to the interests of kids 3 to 12-years-old. By engaging kids in popular themes from Disney movies and shows and new releases from artists popular for elementary-aged kids, Club KidFit active programming keeps kids moving and having fun. While having fun is important, Club KidFit also knows the importance of educating kids and families on healthy lifestyle habits.

“Our goal with Club KidFit is to not only get kids excited and interested in being active, but families too,” said Sarah Fuehne, Executive Director of Club KidFit. “Our uniquely designed program curriculum keeps kids active and interested in movement during the program and encourages them to go home and perform a wellness challenge with their family.”

Each day kids learn about a new wellness topic and how it relates to them. Then, they are sent home with a wellness challenge to complete on the Wellness Tracker. Fuehne adds, “Our hope is that families get involved in the challenges and support the kids in their efforts.” Once kids complete the Wellness Tracker they are rewarded with a commemorative Club KidFit T-shirt.

Club KidFit's goal is to serve 600 kids this summer through Summer Camps. Half-day and full-day camps are available for Club Glee and Dance and Cheer; half-day for Hip Hop Dance; one-hour for Petite Poms; and two-hours for Petite Princesses. A complete Summer Camp schedule, locations, and descriptions can be found online at www.ClubKidFit.org.

Club KidFit, formerly known as "Ultimate Potential Fitness", is a St. Louis based nonprofit that provides kids and families with knowledge and resources to live an active, healthy lifestyle. Club KidFit wellness programs engage, entertain and educate today's youth in a positive, non-competitive environment. All programs incorporate basic wellness principles based on youth fitness recommendations from the American College of Sports Medicine. More information about Club KidFit can be found online at www.ClubKidFit.org.

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