

FOR IMMEDIATE RELEASE



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Fitness Bus transport for Stow-Munroe Falls students starts 8/26 Fitness Fun Club for younger students begins 9/13

Hudson, OH—LifeCenter Plus Health and Fitness Center at 5133 Darrow Road is offering a transportation alternative for those affected by the busing changes in the Stow and Munroe Falls school districts. LifeCenter Plus is making their “Fitness Bus” available for morning student transportation from the LCP Fitness Center to Stow -Munroe Falls High School and Kimpton Middle School. With convenient drop-off at LifeCenter starting as early as 5:30 a.m., parents can be assured that their students will be safely taken to school in time for classes and provided with safe early morning opportunities for their students’ exercise or study time while waiting at LCP.

Transportation service starts Thursday, August 26th

Starting August 26th 2010, the LifeCenter Plus Fitness Bus program will provide students with a chance to do early morning homework or workout and then climb aboard the “Fitness Bus” for a short ride to school. Students may arrive at LifeCenter as early as 5:30 a.m. so they can have ample time for a workout, shower, and then depart for school at 7:00 a.m. LifeCenter’s Kids Fitness Director Laura Coon said, “This is a win- win situation. Not only can we help parents ensure their children will arrive safely at school, we can help children develop good fitness habits that will last a lifetime.”

After School Fitness Fun Club addresses younger children’s fitness needs.

LifeCenter Plus also has a separate after-school fitness bus program for elementary school-aged children. Called Fitness Fun Club, on specified days, kids will be picked up at their schools at the close of the day and bused to the LifeCenter Plus, where they will participate in an entertaining fitness program lasting from 60 to 90 minutes. This fun,fitness play will be followed by a study hall, where students will be supervised until parents can pick them up.

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Jim Clark, the General Manager of LifeCenter said, “We are committed to healthy fitness fun for the whole family. That includes Mom, Dad, the Kids and Grandma and Grandpa, too. It’s the right thing to do, and if it takes providing a bus to help kids get and stay healthy, then that is exactly what we are going to do.”

Health challenges greater than ever for today’s kids

The staff at LifeCenter Plus believes that children today face a greater challenge than ever to stay fit. From being bombarded with fast food ads, to having thousands of cable channels, video games and computers that help them to stay sedentary, it is no wonder that many children today are out of shape. These “de-conditioned kids” are tomorrow’s adults with health problems. Health problems can often be prevented if good exercise and nutrition habits are instilled now. According to the C.D.C. (Centers for Disease Control) sources, “Approximately 80% of children who are overweight at age 10-15 years were **obese** as adults at the age of 25 years.” With rising health costs, the price of an unhealthy lifestyle is proving to be catastrophic.

For More Information on Morning and Afternoon “Fitness Bus” Schedules and fees contact: LifeCenter Plus Kids Fitness Director Laura Coon at (330) 655-2377 ext. 145.

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