

THE CIRCLE'S STRENGTH

One of our recent graduates stands out for his participation in this class. James is a 10 year old boy who was introduced by his mother to the program. He wanted to be more physically fit and eat healthier foods. Throughout the 2 month course, James made giant improvements in his fitness level, jumping from the 10th to above the 95th percentile in strength testing and showing a slightly decreased body mass index. Maybe most importantly, and most inline with Mercy

Circle of Care vision of contagious spread of knowledge, James's mother reported that he took the knowledge he was gaining from Kids 4 Fitness and began educating his family on nutrition concepts. She explained that his directions to avoid "red light" foods and choose "green light" foods helped her learn more about the nutritional content of food. He went on to say that foods can be described like a traffic light:

Green means "go" - good foods that you should choose more of throughout the day; Yellow means "slow down" - these are foods to eat sparingly; and Red means "stop" - these are foods that should be avoided most of the time but are ok once in a while.

If you ask James if he would like to snack on some potato chips, his answer has been "no" because he is avoiding "red light" foods. He is a shining example how kids can begin to choose healthy and live a wellness lifestyle.

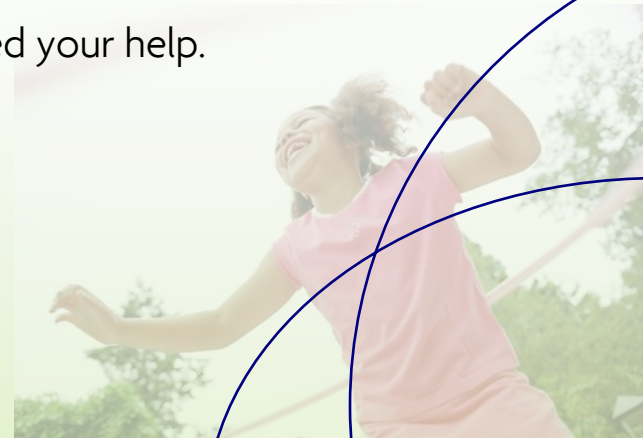


Mercy Circle of Care invites you to

INVEST IN THE HEALTH OF OUR COMMUNITY'S CHILDREN

At Mercy Circle of Care, we have developed a program to help children with lower than average fitness levels or higher-than-average body weight learn the importance of regular exercise and proper nutrition.

They need your help.



WHAT IS KIDS 4 FITNESS?

The Kids 4 Fitness Program targets children with higher-than-average body weight, lower-than-average fitness levels, and predispositions to chronic conditions like diabetes, asthma, and cardiac risk. The program educates children about a lifestyle that includes daily fitness and activity and educated nutrition choices, often encouraging parental participation. Participants are given an initial fitness screening and a follow-up at the end of the eight-week course to show progress. The activities of the program are designed to be easily replicated in non-fitness settings.

- Audience:** Children between 7 and 15 years old
- Program Duration:** Twice each week for 9 weeks. Classes run for 90 minutes each.
- Location:** A Mercy Circle of Care Fitness and Wellness Center or a facility near you!

SUCCESS FOR THOSE WHO NEED IT MOST

This program, running for 3 years, has shown success in achieving the goals of decreasing BMI (Body Mass Index) as well as improving the overall fitness levels and cardiovascular endurance in children.

WHAT YOU CAN DO TO HELP

Remember: your donation may be tax deductible.

Sponsor a child

If you sponsor a child's entire Kids 4 Fitness Membership, your donation will go a long way. Your child will learn about proper nutrition, the importance of regular exercise, and routines that can be easily replicated in non-fitness settings over the course of 9 weeks. After they complete the course, they can enroll in Kids 4 Fitness 2, a program with heightened challenges for return participants. If you choose, you can continue to sponsor this same child as they move into Kids 4 Fitness 2.

You will receive a certificate for your efforts as well as both a before and after report card on your child.

COST*: \$350 per child

Sponsor a class

If you decide to sponsor an entire class of Kids 4 Fitness, 12 children will get the opportunity to live a healthier life. Each child will get all the benefit of the Kids 4 Fitness program and we can include your company logo on a t-shirt.

You will receive a plaque for your efforts.

COST*: \$2,820 per class of 10 children

**Includes: the program cost for child(ren)'s participation in class, supplies, and administrative expenses.*

HOW TO BECOME A SPONSOR

Call Mercy Circle of Care at 215.863.6100