

FOR IMMEDIATE RELEASE
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Southern Athletic Club Fights Childhood Obesity

Oklahoma City, OK – In 2007, over nine million children, between the ages of 6-19 years old, were considered overweight or obese, according to the Centers for Disease Control and Prevention.

Southern Athletic Fitness Club, located on S.E. 89th, has created a two week summer camp to help Oklahoma children combat obesity. Starting June 16th, children, ages 6-12, will learn agility and balance training plus team building activities.

“With video games and television, more children have less and less active play, increasing their chances of becoming overweight. The numbers are alarming,” said Jeff Lecrone, Manager at Southern Athletic Fitness Club. “We have designed this program to help children engage in more active play.”

The summer program will combine indoor and outdoor activities. From walley ball to field games to water activities, students of the program will enjoy a wide array of different games to teach children the fundamentals of exercise and healthier living.

“If we can create a love for exercise at an early age, we can help children cultivate better lifestyles in the future. This will help to reduce the risk of childhood and adult illnesses,” added Lecrone.

Also this summer, Southern Athletic will host a month long Racquetball clinic. Starting on June 19, Coach Roy Bellou will teach students, ages 8 to 18, how to master the game of racquetball. Each student will receive a racquetball starter kit including a racquet and protective goggles.

For more information on the various summer programs or to register, please call Southern Athletic at 405-632-1133.

Southern Athletic Club, located at 737 S.E. 89th Street, offers 50,000 square feet of the latest exercise equipment including an indoor track, racquetball courts, daycare and a youth fitness center.

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