

Program Designed for:
Guys in grades 9 & 10

Program Length:
6 weeks

Program Duration:
Tuesdays November 15 - December 20

Session Length:
90 minutes (3:30 – 5:00)
Cost: \$75 + HST

PUMPED FOR LIFE

empowering teenage guys to make
healthy choices



HERITAGE FITNESS
2 Costello Drive, Carleton Place
613.253.2112 HeritageFitness.ca

A safe environment for teens
to develop a solid foundation in life skills.

The pressure that comes with being a teenager in today's society has increased significantly since the development of social media.

Pumped for Life is a program designed for guys in grades 9 and 10 and led by instructors who have extensive experience and education working with youth. Our goal is to create a safe environment where participants develop a solid foundation in the life skills often overlooked by the school system.

Through instructor-led conversations and activities, participants will be given the tools to build self-esteem and confidence.

ACTIVITIES INCLUDE:

- Weight Training- free weights and machines
- Outdoor Activities and Workouts
- Circuit and Interval Training
- Introduction to Bench Press, Barbell Back Squats and Deadlifts

(Activities make up 2/3's of the program time)

TOPICS INCLUDE:

- Communication Skills
- Bullying
- Peer Pressure
- Boundary Setting
- - Personal and External
- Building Self-Esteem

(Discussion time makes up 1/3 of the program time)

Participants learn how to make healthy lifestyle choices, create meaningful relationships, and build a supportive network of friends and family. The tremendous pressure teens experience can lead to social and emotional issues. Conversations delve into how to navigate self-doubt, anxiety, and anger. As teens struggle to find a place where they fit in, developing self-awareness is key to avoiding bad choices and difficult situations.

INSTRUCTORS:



Steve Sharp

A retired high school principal, Steve has extensive experience working with youth. Steve initiated strength and conditioning programs at three area high schools to promote healthy, active living while building confidence in his students. His experience as a principal gives him a unique perspective into the lives of teens, their behaviour, personal issues, interests, and concerns.

In addition to his work in education, Steve is a Personal Training Specialist (PTS). His approach to fitness training puts people at ease. He works to help individuals identify their goals and develop a roadmap to help them succeed. The values Steve nurtures in those around him, have a positive impact in all areas of life.



Kyla Hamilton-Bell

Kyla is passionate about working with youth. Since graduating from Saint Lawrence College in 1992 with a Child and Youth Worker diploma, she has built a career counselling youth and empowering them with focus, self-confidence, and dignity. Kyla also holds certifications in suicide intervention, drug awareness/ intervention, non-violent crisis intervention, and effective communication.

Currently working for the Upper Canada District School Board, Kyla facilitates programs created to assist youth such as Transitions and Foundations. Throughout Kyla's career she has been able to identify the very subtle markers that could translate into future problems with youth.