

Program at a Glance

Fitness Activities

Cardio Dance

Yoga

Co-operative Games

Outdoor Activities/Sports

Strength Training

Aerobics

Walk/Run

Healthy Lifestyle Topics

Basic Nutrition

Stress Management Tools

Healthy Body Image

Creative Writing

Anti-bullying Strategies

Media Pressures



2 Costello Drive
Carleton Place

Fit Club for Girls

at Heritage Community
Fitness Centre

An after-school program for
girls ages 9 – 12



For more information contact:
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Description

Girls ages 9 – 12 begin to feel the pressures of becoming a teen; Fit Club for Girls allows girls to feel safe amongst their peers while enjoying an active, non-competitive atmosphere.

Directed and supervised by health educator and registered yoga instructor Amber Young, the focus of the program is to improve self-esteem, increase fitness, and learn healthy living and nutrition tips. This is accomplished through active games, open group discussions (with guest speakers who are experts in their fields) and age-appropriate exercise classes.

The group meets one day a week for 75-minutes. A different fitness activity each week allows the girls to experience a variety of ways to stay active. A Healthy Lifestyle Information package filled with helpful handouts is provided to the girls that is theirs to keep.

Next Session:
9 Weeks
Wednesdays
October 4th – November 29th
4:15pm – 5:30pm

Topics & Activities

Get to Know You: Self-Esteem

Co-operative Games

Weight Training

Healthy Eating

Creative Writing

Make & Try Fun Healthy Snacks

Body Image

Relaxation & Dealing with Stress

Yoga

How to Stay Active each Season

Outdoor Activities

Meditation

How to Set Realistic Goals

Cardio Dance

Peer Pressure and Anti-Bullying

Making a Fitness Plan

* Topics/Activities are subject to change

Instructor's Bio

Amber Young is a registered massage therapist, registered yoga teacher, health educator, and mom with a diverse background in the health and wellness field.

Amber has a strong understanding of anatomy through her work as a registered massage therapist. She is a certified personal trainer with education in nutrition & mindfulness-based stress management. Her specialty is women's health and the mind-body connection.

Amber first stepped onto a yoga mat in 1997 and believes yoga is not just about postures, but rather a practice of self-care. Amber has specialized training to provide yoga and mindfulness to children and teenagers. She has witnessed the impact of these practices in providing the foundation for clearer, calmer, more confident, and happier youth as they enter some of the most challenging years of their lives.

Amber believes everyone should have the space to safely discover themselves in mind and body, and have a whole lot of fun along the way.

