

Healthy Adults Make Healthy Kids

KNOW YOUR NUMBER! BODY FAT RANGES

ADULT & TEEN FITNESS BOOT CAMP

- 5-week fitness boot camp. Meets 3 times per week.
- Total Body Fitness Assessment, including: full body measurements and body fat %, before and after.
- Full Nutrition Plan for five weeks.
- Registered Dietitian consults and supervises nutrition plan.
- Trained instructors - CPR and fitness training certified.
- Interactive food plan, food partners, food journals and more.
- Interactive website with cardio workouts, cookbooks, meal plans, recipes, snack ideas and much, much more.

*** **PLUS** 4-week yoga retreats offered year round!!!



IT TAKES 30 DAYS TO CHANGE A HABIT...
WE HAVE YOU FOR 35

**Check out our web site for information, dates,
times and locations near you!**

*Denton, Corinth, Lewisville, Lake Dallas, Roanoke, Aubrey, Dallas
and more ...*

www.startcaring.org

| | Men | Women |
|-------------------|--------|--------|
| Elite / Athletic | 4-9% | 12-18% |
| Average / Healthy | 10-16% | 19-23% |
| Overweight | 17-23% | 24-29% |
| Obese | 24%+ | 30%+ |

*Approximate national averages/age variance

KNOW Your Number!

Start Caring Wellness, Inc.
www.startcaring.org



Phone 214-432-CAMP (2267)
Fax 972-692-7649



OUR Mission

*Our mission is to promote
a healthier future by treating
and preventing obesity in our
youth while inspiring adults
to be an example of health
and wellness.*

The epidemic of obesity is worse than ever in the US.

Almost every study shows that this generation of children will be the most obese adults in US history.

- Overweight adolescents have a 70 percent chance of becoming overweight or obese adults.
- The number of overweight children has more than tripled over the past three decades.
- Studies show that nearly 34 percent of children and teens in America are either overweight or at risk of becoming overweight.
- Research has shown that parents are often their children's most important role model. If children see their caregivers enjoying healthy foods and being physically active, they are more likely to do the same.



Treatment and prevention research and programs are vital to the future of this country.

It is time
to Start
Caring...

Your Money can go to Prevention and Cure of this epidemic in Texas.

**YOUR GENEROUS DONATION
OR PARTICIPATION**
will change lives all around us.



*With your support,
our future programs will include:*

- On-site school youth fitness camps.
- Adapted fitness camps for our youth with special needs.
- Beginner programs-walking and running clinics.
- Adventure Youth camps, including: shotgun sports, paintball, ropes course, canoe and kayaking, archery, other target sports, laser tag, trail runs, mountain bike training and outdoor challenge courses.
- Family Life "Total Success" complete nutrition and health education in-home program.

1 Goal...
Fit Future...
Endless ways
to get there!

No child left INSIDE!

For information on our current youth and teen programs please visit us at www.startcaring.org