



THE 2009 TYSON FITNESS CHALLENGE AND NATIONAL GYMNASTICS DAY CLUB FEATURE: PATTI'S ALL AMERICAN

Now that the Tyson Fitness Challenge is in full swing and the 10th annual National Gymnastics Day, is getting closer, USA Gymnastics is excited to highlight the Tyson Fitness Challenge activities of clubs and activity centers. This month's feature club is Patti's All-American in Dyer, Indiana. Thank you to Patti and her club for sharing their Tyson Fitness Challenge ideas as well as their plans for National Gymnastics Day!

HOW TO SUCCEED WITH YOUR TYSON FITNESS CLASS

BY PATTI KOMARA

One of the most important aspects to a successful fitness class is who you have teaching the class. Get your most enthusiastic, fun teacher to lead the class and kids will want to come. You've got to get them in the door first. Parents may want their children to do this fitness class, but you have to sell the kids, too. How fun does a bunch of sit-ups and push-ups sound to kids? Even saying you're going to throw in some games.... it's still a tough sell. Kids think, "It's just boring exercise."

So, purchase the equipment you'll be using such as the Pilates balls and start incorporating it into your school-age classes for warm-ups and ending activities. While doing those activities, have your teachers talk about how much fun Miss Rhonda is as a teacher and how getting stronger will help with not only gymnastics but with other sports as well like basketball, track, soccer, or whatever they enjoy. Tie it into other sports for the parents, too.

This year National Gymnastics Day, Saturday, September 12, happens to be on the same day as my town's festival. Our gym will have a booth at the festival celebrating National Gymnastics Day and we'll have some equipment out for kids to try such as an incline mat, Jr. Swing Bar, and a floor beam. We're also going to have stations for a cartwheel-a-thon, "How Many Sit-ups Can You Do in a Minute?" a station for prizes, and our nutrition pyramid triangle to talk

to kids about eating habits. We'll have balloons to give away with our logo on them and lots of our perky staff on site to make it fun. That's a combination that can't lose!

If you haven't already signed up for the Tyson Fitness Challenge, it's not too late! Go to www.tysonfitnesschallenge.com today and register to receive your action kit! ✨

