



WELCOME TO THE ACTIVE ZONE!

The staff at the Greater Plymouth Community Center is committed to providing a solution to the childhood obesity epidemic faced by today's kids. Over the past 30 years, the childhood obesity rate has more than doubled for pre-school children aged 2-5 years and adolescents aged 12-19 years and has more than tripled for children aged 6-11 years. Today approximately 9 million children over the age of 6 are considered obese.

The **ACTIVE ZONE** is a fitness area for kids ages 7-14 years. This room is filled with interactive games and strength equipment specifically designed to a child's body. The DDR, Trazer and Game bike will elevate the child's heart rate to help burn calories and increase the function of the heart. Kid's won't even know they are exercising!

HOIST KL STRENGTH TRAINING LINE

Seven weight resistance units including:

- ❖ Leg Press
- ❖ Squat Press
- ❖ Chest Press
- ❖ Shoulder Press
- ❖ Seated Row
- ❖ Pull up
- ❖ Seated Dip
- ❖ Two body resistance units:
 - ◆ Abdominal bench
 - ◆ Back Extension.



DANCE DANCE REVOLUTION (DDR'S)

This popular video dance craze will have kids stomping, sliding, spinning and dancing a platform to various programs and games. These metal dance pads connect to a Play Station 2 and TV.

PLAYSTATION EYETOY

Playstation Eyetoy - Used with the playstation 2 game system, it puts the user in an interactive virtual world where your movements (acceleration, speed, power and balance) drive on-screen activities.



NINTENDO WII

Nintendo Wii - Game system that uses multiple body movements to control in game play. Popular for incorporating exercise and video game playing into one activity.



GAME BIKE PRO'S

These bikes connect to a Play Station 2 and TV. Kid's will control every movement on the screen with their own body movements - the steering, speed, turns and strategy.

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