



*Parisi Speed School
Fights Childhood
Obesity*

Powered by JFG Fitness

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Performance Coach*

As the industry leader in sports performance training, we will continue to deliver a positive training experience that builds speed of movement and strength in character regardless of ability or economic status.



17% (12.5 million) of children are obese, and an alarming 30% are overweight, according to the Centers for Disease Control.

1. US Surgeon General's Report on Physical Activity & Health (1996)

Kids & Teenagers

* Life expectancy

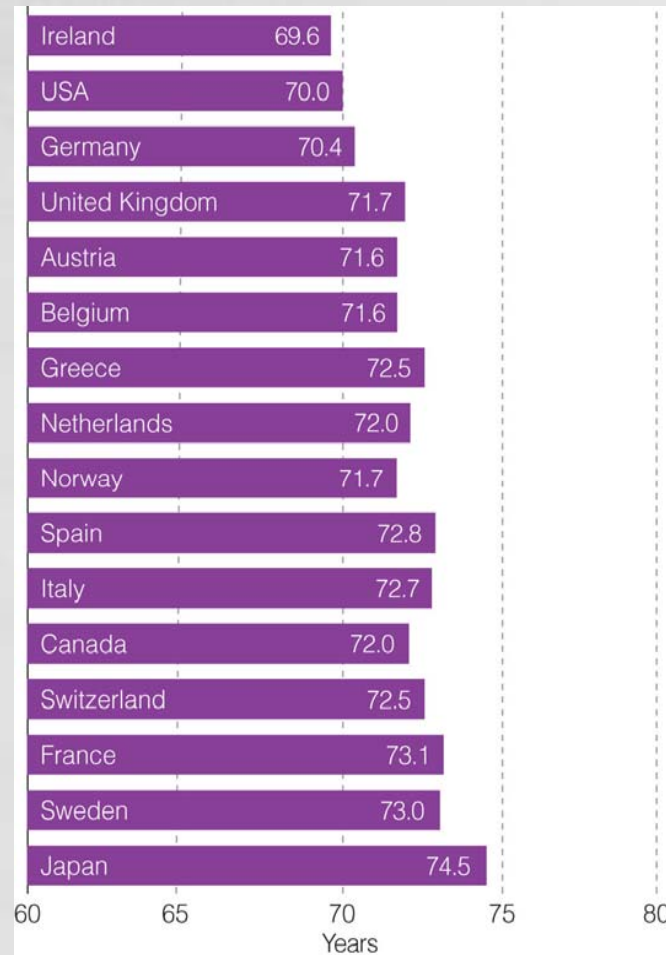
*Inverse relationship

2. Healthy People 2010 (set every 10 years)

Top 3 objectives: Personal Responsibility for health behavior, health benefits for all people, health promotion and disease prevention



Healthy life expectancy for selected countries



How else can we define Moderate Physical Activity



Caloric Expenditure

- Per day
- Per week
- Per kg body mass

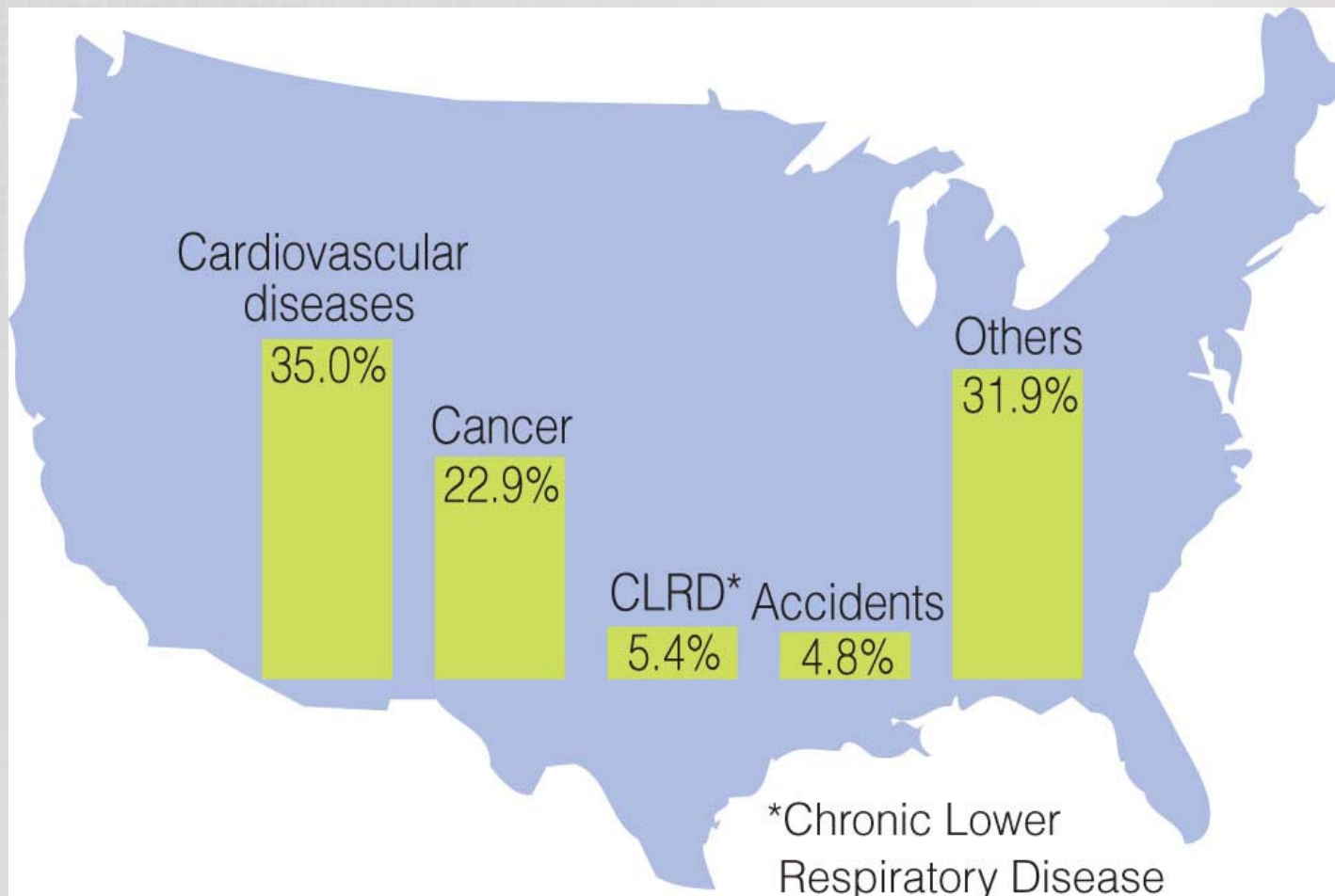


Will You lose weight with this recommendation?

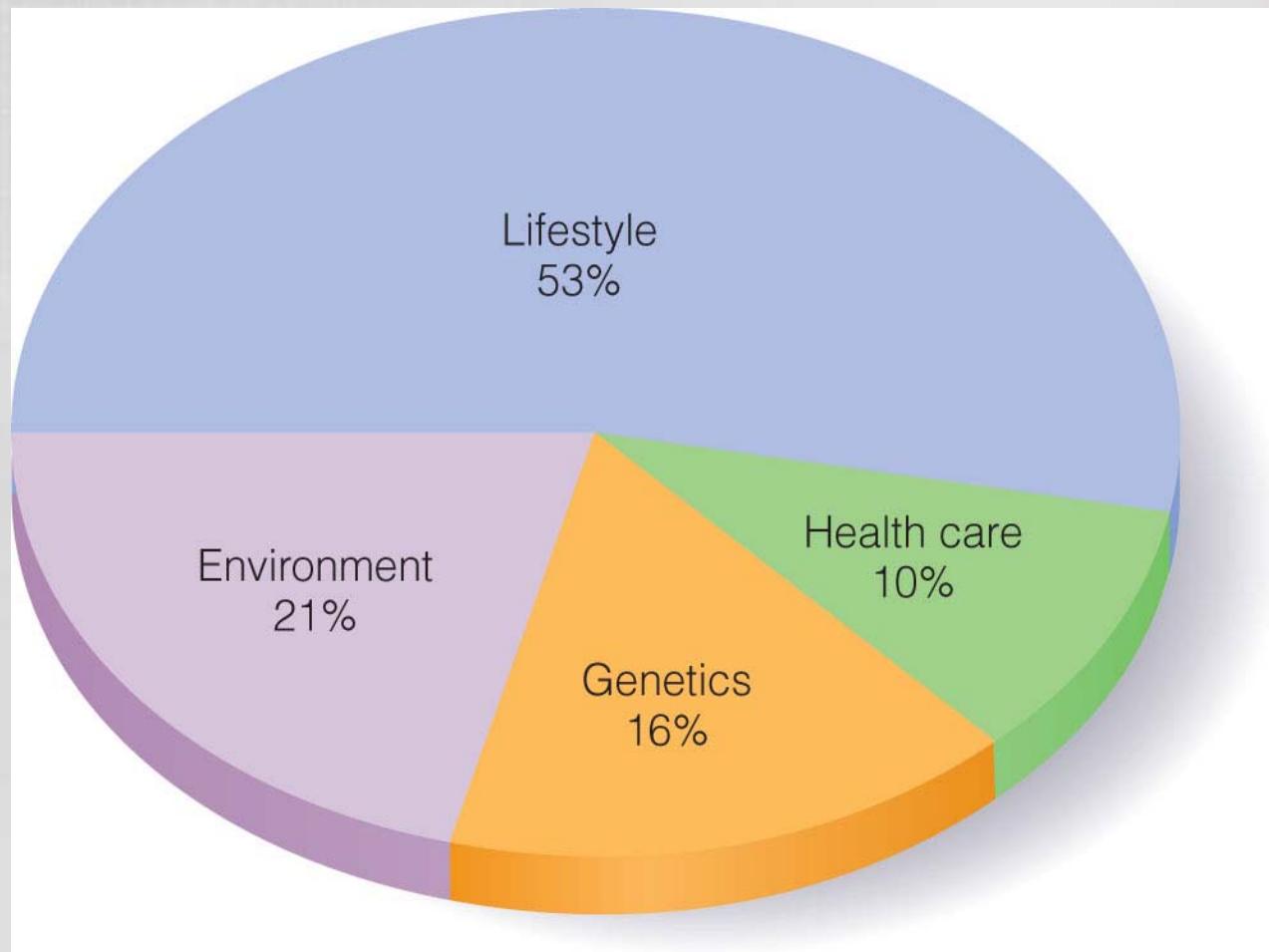
TABLE 1.1 Physical Activity Guidelines

Benefits	Duration	Intensity	Frequency per Week	Weekly Time
Health	30 min	MI*	≥5 times	≥150 min
Health and fitness	≥20 min	VI*	≥3 times	≥ 75 min
Health, fitness, and weight gain prevention	60 min	MI/VI [†]	5-7 times	≥300 min
Health, fitness, and weight regain prevention	60-90 min	MI/VI	5-7 times	≥450 min

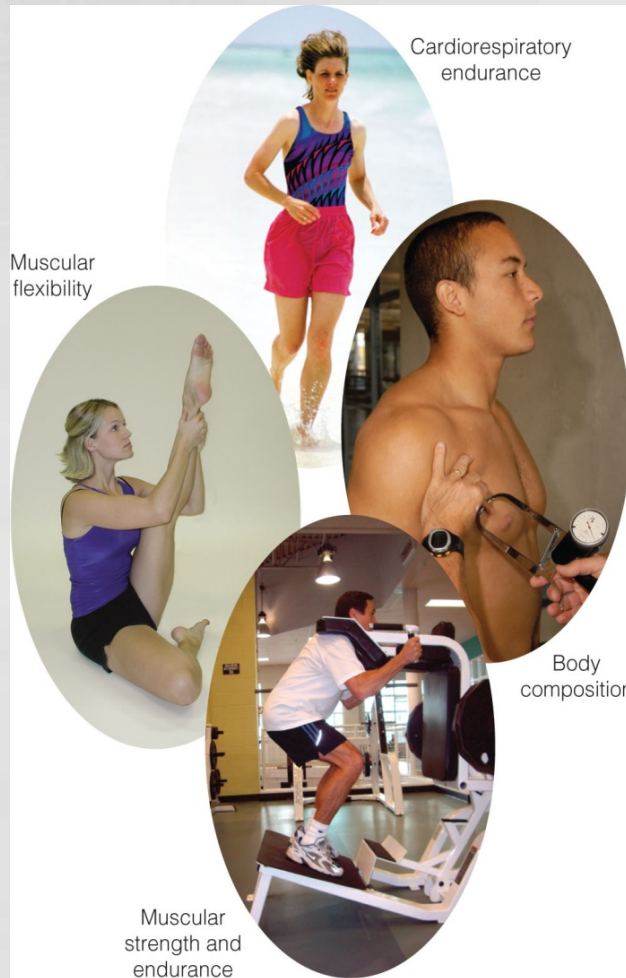
Leading causes of death in the U.S. in 2003



Factors that affect health and well-being



Health-related components of **PARISI** SPEED SCHOOL physical fitness



Parents: Critical Thinking

What role do the four health-related components of physical fitness play in your life?

Rank them in order of importance to you and explain the rationale you used.



Lazy Children?



- Parents: when YOU were young the average child spent **4 hours** outside taking part in free play.
- Today that rate has dropped to **30 minutes** per day

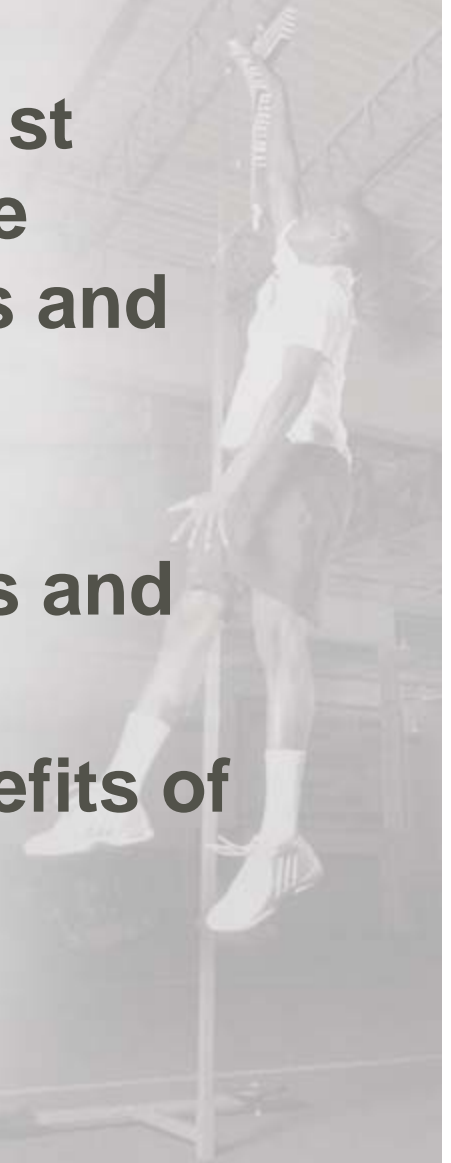
WHY?



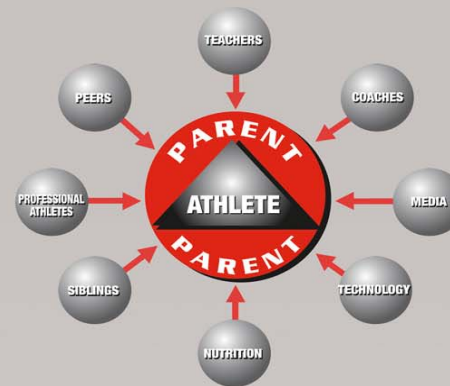
America's biggest challenge in the 21st century is to teach people how to take control of their personal health habits and adhere to a positive lifestyle

Many people do not know how to implement a safe and effective fitness and wellness program

Some people do not reap the full benefits of their program because they exercise incorrectly



Who is the Gatekeeper?



Statistics on today's youth athlete...

- More kids are playing sports than ever before.
- 70% of kids drop out of sports by high school.
- Today's youth generation is the least fit in the history of this country.
- 30% of kids are overweight and thus less fit.
- Injury rates are at an all time high.
- Over 75% of student athletes do not receive adequate fitness training from their sport - *Pediatrics & Adolescent Medicine*

Where do we begin?





Program Prescription

Athlete Levels & Groupings

Jump Start I 7-10
Jump Start II 10-12
Total Performance I 12-15

- Linear Speed
- Change of Direction
- Total Body Strength

Total Performance II 15-18

- Linear Speed
- Change of Direction
- Total Body Strength

P.E.A.K. 16-21

- Custom Group Sessions

Our Program Offerings
Scheduling
Homework / Report Cards
Cat Club



Thank you for Attending!