



Parents are turning to personal trainers for their children...

Kids Are Training Together for Health, Fitness, Self-Defense, Integrity, Self Confidence, Self Control, Perseverance

The Many Benefits of Kids Exercise and Taekwondo

Everyone can benefit from regular exercise. Kids who are active will:

- Have stronger muscles and bones
- Have a leaner body because exercise helps control body fat
- Be less likely to become overweight
- Decrease the risk of developing type 2 diabetes
- Lower blood pressure and blood cholesterol levels
- Have a better outlook on life
- Able to defend themselves from bullies or predators

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

With childhood obesity rates increasing and physical fitness classes decreasing, many concerned parents are turning to RIOT personal trainers not only for themselves, but also for their kids. The latest statistics from the American Obesity Association showing 30 percent of children aged 6 to 18 are overweight, and another 15 percent are obese. It's not surprising that parents are seeking new ways to combat the growing trend.

Are RIOT Personal Trainers for Kids the Solution?

It may not be the solution for every child, but for some kids a RIOT personal trainer can be a great way to learn healthy behaviors that will last a lifetime. It's also a great way for an overweight child to get some immediate results and reinforce the benefits of fitness. Given that childhood obesity predicts adult obesity with amazing accuracy, a good sports parent is wise to encourage healthy habits early. A RIOT personal trainer can be

another way to provide direction, structure, and strategies that help create a habit of healthy living that can have a tremendous impact in a child's life.

Another reason some parents hire personal trainers for their kids is to improve sports performance and sports skill training. According to the American Academy of Pediatrics, kids as young as 8 years old can benefit from low-resistance exercise with small weights and actually grow stronger with little risk of injury.

Is a RIOT Personal Trainer Right for Your Child?

A RIOT trainer can be helpful in the following scenarios:

- Your child doesn't like organized sports
- Your child is self-conscious playing sports or trying new activities
- Your child has some health issues and you prefer supervised exercise sessions
- Your child expresses interest in personal training

What Kind of Personal Trainer is Best for Your Children?

A personal trainer who works with adults isn't always the best option for a child. Here are some recommendations for finding the best trainer for your child:

- The trainer should have a degree and/or nationally recognized certification (The Cooper Institute, NSCA, ACSM, etc...)
- The trainer should have experience training children, including a sense of humor and patience
- The trainer should create training sessions around fun activities that aren't typical gym routines and include input from the child
- The trainer should have offer a balanced routine of strength, cardio and core exercise.
- The trainer should help the child find activities he enjoys and will do on his own.
- The trainer should have references from parents of other kid-clients.
- Ask questions about the trainer's philosophy about working with kids and setting goals and make sure you agree with the approach.
- Attend the first one or two sessions with your child and see if it meets your needs.

As a parent you need to be patient and encouraging for your child to get the most of the sessions. To improve motor skills, speed, and coordination, children need to work with a trainer once or twice a week for three to four months before they develop a habit of exercise and be motivated to stay active on their own.

For kids to develop a new lifestyle takes time, and the goals of you, your child and the personal trainer need to be realistic and modest.

Source: The American Academy of Pediatrics and the American Obesity Association

RIOT Family Getting Fitness with Your Kids

Looking for a fun, friendly environment to motivate and challenge you? RIOT Family Group Fitness has it all, and for every level we've got the moves that will energize and tone you.

With class schedules expanding at gyms around the country and boutique fitness studios booming, it's clear that people are flocking to group fitness classes—and with good reason. Group fitness classes offer the opportunity to experience movement in positive, memorable, and purposeful ways, inspiring meaningful change both physically and mentally.

Here are the top five reasons people love RIOT family group fitness classes, and why you will, too.

1. Expert guidance with no guesswork

One of the main reasons people are drawn to RIOT family group fitness is the expert guidance they receive from certified instructors. An exceptional group fitness instructor is proficient in the art of creating enjoyable experiences that keep participants committed to their health and wellness journeys. There's no guesswork when it comes to how to structure your workout session— RIOT has done the work for you.

2. Accountability to create a workout routine

The fact that RIOT family group fitness classes occur on a set day and time works wonders with creating structure around physical activity, even for families who struggle with workout consistency. As opposed to hoping you'll make it to the gym at some point during the day, choosing a class to attend and signing up in advance creates a greater sense of accountability and enables you to plan your day around your family's workout (and your health!).

3. Social support and so much more

The feeling of being part of something bigger and the camaraderie forged in group fitness classes is something that quite simply can't be replicated. RIOT family group fitness classes exude positivity, and serve as a welcome invitation for people of all different ages, backgrounds, and ability levels to come together in one inclusive experience to move with passion and intention, all without judgment or expectation.

4. Explore movement in a new way

If you find yourself stuck in a fitness rut, RIOT family group fitness can be a perfect option for adding variety to your routine, while also ensuring a well-rounded approach to exercise. Do you dread the idea of running on a treadmill to get your cardio in?

Try attending a RIOT Taekwondo family group fitness class to improve endurance while burning just as many, if not more, calories. Feeling uninspired to focus on your flexibility? Try a Taekwondo class to improve your range of motion and enhance your movement quality.

5. Fitness and fun rolled into one

Hands down one of the most commonly cited reasons people choose to attend RIOT family group fitness classes is because of the fun factor and family relations. RIOT family group fitness classes prove the old saying "no pain, no gain," couldn't be further from the truth. In fact, an effective workout can and should be a fun one, as the more enjoyment you experience during exercise; the more likely you are to stick with a regular routine of physical activity.

RIOT has created exercise experiences you'll actually look forward to. Count on a variety of fresh, challenging classes at levels from novice to black belt. At RIOT, workout routines simply aren't routine.

We've taken care of everything, so come on in. With 30, 45, 60, and 75 minute class options you can mix it up daily to fit your schedule. We can help you pick the perfect class load for a rounded program to reach your goals, or feel free to explore the many types of programs we offer at your heart's content. After all, we're like a gym, only better.

When you're ready, we're here.

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**