



In 2008, 9.5% of infants and toddlers were at or above the **95TH PERCENTILE** of the weight for their age

Childhood obesity has more than **TRIPLED** in the last 30 years

1 in 3 American children born in 2000 will develop **DIABETES**

25% of obese adults were overweight as children

KICK THE STATISTICS

Keep Your Child Active and Healthy with Martial Arts.

It's more important than ever to keep our kids active and healthy. Martial arts is a fun, safe, and exciting way to incorporate physical activity into your child's life. Plus, we also teach discipline, self-respect, integrity, and many other positive traits. Call or stop by today to enroll your child and beat the odds!

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Facts and figures were compiled from research presented by The Journal of American Medical Association, National Center for Chronic Disease Prevention and Health Promotion, and the Center for Disease Control for studies conducted during or after the year 2009.



**SIGN UP NOW! MARTIAL ARTS CLASSES HELD @ ENERGY FITNESS!
552 South Main Street
Memphis, TN 38103**

Lessons taught by 6th degree black belt Rev. Marcus "Wind" Relliford, student of Master Kang Rhee
Classes will be held on Tuesdays & Thursdays! Time 11am-12n & 6pm-7pm
www.revwindmartialarts.com Email: rellifordm@bellsouth.net (901)949-0372