

Be a Flip Starz Fit Kid!



Flip Starz wants to help in the fight for the prevention and elimination of childhood obesity. Even if your child is not overweight nor has any health issues, our goal is to promote confidence, self-esteem and positive attitudes toward healthy habits and exercise within your child.

Why Become a Flip Starz Fit Kid?

Being a Fit Kid makes you feel good, gives you lots of energy, and helps you to grow up to be healthy and strong. A fit body works well and can do all the things you want it to do.

Being a Fit Kid strengthens your heart and lungs, and can help prevent diseases. A happy, healthy heart pumps blood and oxygen from your head to your toes.

Being a Fit Kid gets lots of oxygen to your brain, so you can think clearly and do your best.

Being a Fit Kid builds strong muscles and bones. It keeps you in shape and at a healthy weight.

Being a Fit Kid affects your mood. It helps you to be more positive, value yourself, respect yourself and have good self-esteem.

Being a Fit Kid gives your skin a healthy glow.

Being a Fit Kid is FUN!

Club benefits:

- ★ 50% off your 2nd class each month
- ★ \$5 Open Gym every Friday

FLIP STARZ
★Gymnastics Academy★

5425 Perry Dr., Ste. 101 • Waterford

248-673-6767

<http://www.flipandcheer.com>



**Becoming a Flip Starz
Fit Kid is FREE! Just
sign up for 2 classes
each week!
It's that simple!**

