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Rec Center HOPES to get kids fit

Cydney Baron / Staff Writer | Posted: Thursday, May 7, 2015 9:30 am

Mayes County kids can get fit this summer thanks to the HOPE Coalition and Pryor Creek Recreation Center.

The two have teamed up to start HOPE Fit Kids, a program that will be held on Tuesday and Thursdays during June and July. Kids, age 8 through 14, will meet at Centennial Park from 8:30 a.m. until 9:30 a.m.

"The purpose of this program is to help kids develop active, positive life-styles in a fun and supervised environment. The instructors will provide safe, structured workouts that will focus on cardio, endurance, strength training, speed agility work and more," said HOPE Executive Director Jessica Long. "Since there is a pretty big difference in what an 8-year old can do and what a 14-year old can do, kids will be grouped together by age and ability and workouts will be modified for each group."

Long said kids will use the track around Centennial Park, the newly-installed equipment and equipment brought from the Rec Center along with the grassy area and gazebo.

"The hour will consist of a 15-minute warm up and stretching period, a 30 minute workout and a 15 minute cool down and stretching time. During that core 30 minutes we have activities planned that include boot camp style exercise, some Crossfit drills, ladder use for speed training, jump ropes and other items for relays and other fun activities," she said, adding that the whole thing will be fund and encouraging to give kids a positive image of exercise.

The mission of Fit Kids aligns perfectly with the mission of the HOPE Coalition, she said.

"The mission of HOPE is to bring together community resources in order to inspire healthy lifestyles through outreach and prevention education. We started this Fit Kids program in keeping with our mission," Long said. "We want to teach these kids how to exercise and hopefully create a healthy habit at an early age that they will take with them into adult-hood."

Long said Pryor, as a community, is embracing health and wellness across the board. This, she said, is a way to extend that quality of life to the younger generation.

Long said kids of any level of ability will have a good time.

Participants can sign up at PCRC at any time. All participants must attend the May 20 meeting at 5:15 at PCRC. Only the first 50 kids signed-p will be able to participate.