

Ignite Your Potential

It Only Takes a Spark

The High Energy Advanced Training (HEAT) Program is a comprehensive program designed to enhance and restore flexibility, strength, power, speed, and cardiovascular conditioning. It was developed by the specialists at St. Cloud Orthopedics and is offered at the Fitness Evolution facility in Sartell. Our program is based on sound scientific and medical principles to help you reach your full fitness potential.

H^o E^o A^o T^o
HIGH ENERGY ADVANCED TRAINING

HEAT Youth Program

Being physically active is an important part of every child's healthy development. To help make it a fun experience rather than a dreaded chore, HEAT Youth Training offers your child a cheerful, high energy fitness environment that they can excel in. Whether your child is interested in getting better at a particular sport or playing with friends and being active, HEAT has the perfect program just for them.

One of the biggest focuses of HEAT Youth Training is overcoming doubt in fitness abilities. To promote the importance of trying, we eliminate the phrase, "I can't" from our vocabulary. Instead, we encourage learning and challenge them to push their boundaries in a way that's fun and fulfilling.

While HEAT does address physical activity, it also promotes overall health and nutritious eating. And while kids will be kids (pizza, soda, candy), instilling an education about basic nutrition helps connect all of the pieces of the HEAT Youth Program.

Our Certified Trainers are happy to help kids get the most out of their time at HEAT, including:

- Kid friendly workouts and activities that help gain endurance and proficient movements
- Youth-style flexibility training
- A chance to meet and interact with a kids of different ages from around the community
- A pro-team atmosphere with individualized attention
- Practice at following directions, solving problems, and making active decisions
- A more focused alternative to "Kids Club" while you get your own workout in
- A great way for your child to gain or strengthen a passion for living a healthy lifestyle

YOUR CHILD CAN IGNITE THEIR POTENTIAL TODAY!

Call **Rusty Deters** at **320-654-9090** or email **rdeters@fitnesssevolution.com** for more information.



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