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Boot camp for kids

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KIDSDAY REPORTER

"How many of you play sports?" Stacy asked as she walked into the gym. Everyone raised a hand. "That's great! Now tell me what sports you play." Stacy explained that if we never stopped playing all the sports we enjoyed, we would stay healthy for our whole lives. That is the philosophy of Stacy's Bootcamp.

Stacy Berman is a personal trainer and nutritional specialist. After working in gyms and watching people do bicep curls without seeing changes in their bodies, she felt the need to show people a better way to exercise.

She began adult boot camp classes, which quickly became successful in re-energizing adults. These also helped them make exercise a part of their busy routines.

After seeing how well received her boot camps were, she turned her focus to staving off childhood obesity by starting special adolescents-only boot camps.

Kids from 10 to 14 years old can participate in these adolescents-only camps where they do atypical exercises to keep energy levels up and boredom down.

Stacy and her co-worker - former U.S. Marine Mauricio Genore - recently did a mini-version of their bootcamp with some of the kids in our school. We did bear-crawl races, piggy-back races, and played steal the bacon. Stacy and Mauricio made exercising fun.

ON THE WEB: Visit **Stacy Berman's** site at www.stacysbootcamp.com