



114 Lincoln Mall Drive
Matteson, Illinois 60443
708-248-7420 www.kidshealthclub.com

The Kid's Health Club.com History

Kids Health Club.com Inc. (**KHC**) which opened its doors on November 19, 2005, is the idea of Vernard Alsberry Jr. and J. Diane Adams Alsberry. The Mission of the Kids Health Club.com is **to be an advocate of healthy lifestyle changes for children and families and develop products and services that make "Fitness Fun"**. On August 27, 2010 a **not for profit** arm of the KHC was organized and incorporate named the "**Kids Health Club Foundation Inc.**" (**KHCF**). The Kids Health Club Foundations' Mission is **to prevent and treat childhood obesity, through activities, research, education and advocacy, and to promote healthy lifestyle changes to children and families.**

There is an epidemic of obesity and inactivity in America today amongst our youth. Video games, decrease of physical education in schools and the fear of letting children outside play alone, have contributed to the fattening of our children and have lead to increased, chronic health problems including cardiovascular disease and diabetes.

Vernard and Diane's KHC and KHCF look to provide children a place to exercise and have fun doing it. The logo which portrays a girl and a boy flexing their muscle with a smile says it all. Both organizations will not only provide needed exercise to youth who have spent too much time playing video games, but also to assist in prevention of injuries of children who are involved in sports by increasing their strength, flexibility and endurance.

Vernard and Diane have over 50 years combined experience in the profession of Physical Therapy and have worked in all aspects of the profession. They both have a passion for working with children and understand the importance of fitness and health becoming a daily part of our children's life. Kids Health Club.com and the Kids Health Club Foundation Inc. also provide a nutrition class, women workout class and wellness seminars.

Purpose

In conjunction with the first Lady Michele Obama's Let's Move Campaign (designed to eradicate childhood obesity with in a generation). Kid's Health Club is proposing collaboration with the State of Illinois to provide a fitness and nutrition program for its youth. Childhood obesity in the Chicago Southland mirrors national and statewide trends. Illinois has the 14th highest rate of childhood obesity between ages 10 and 17. Research shows that kids who are overweight often struggle with weight their entire lives.



114 Lincoln Mall Drive
Matteson, Illinois 60443
708-248-7420 www.kidshealthclub.com

Overweight during childhood and particularly adolescence is related to increased morbidity and mortality in later life. Some scientists believe this generation of children could be the first generation to have a shorter lifespan than their parents. We must do something now to help our children develop healthy lifestyles.

About the Kids Health Club

The Kids Health Club is a great way for kids to get healthy. We provide children the opportunity to improve their health through entertaining physical activity and exercise, while providing a safe social environment. The unique equipment is targeted towards youth for goal achievement and fun while coaches give encouragement and provide supervision. **Kids Health Club** is an ideal program for kids who don't get enough physical activity during the school day, who are training for a sport, or who just want to improve their athletic abilities or slim down in a fun environment.

Club membership and activities are for ages six (6) to sixteen (16) years

Kids Health Club will improve the health of children through specifically engineered circuit equipment. There is an epidemic of obesity and inactivity on the rise amongst our youth today. Over time obesity can lead to chronic health problems including cardiovascular disease and diabetes. Our timed circuit training will safely target specific muscle groups while providing fun and excitement. The dynamic action and motion of the cutting edge equipment will encourage children to exercise by simulating the motion of a ride giving them achievable and satisfying goals.

Our entertaining "**Sportswall**" will also provide fun activity to our youth as they compete against each other and themselves. "**The Sportswall**" will encourage children to stay in shape while enjoying themselves with a variety of light game combination and challenges.

The **Kids Health Club** coaching staff guides our members through a specifically designed exercise program which will make "fitness fun".



114 Lincoln Mall Drive
Matteson, Illinois 60443
708-248-7420 www.kidshealthclub.com

The Program

“Fitness Is Fun” Illinois Department of Public Health, Fitness & Nutrition Scholarship Program is the proposed name of the joint effort between The Illinois Department of Public Health and the Kids Health Club Foundation Inc.

The Kids Health Club Foundation will be offering a program that includes two six month sessions with a minimum of 100 children per session. The **Kids Health Club Foundation** will provide an opportunity for Illinois youth to take part in a three times a week one hour supervised youth exercise program, designed and developed by Physical Therapy health care professionals.

The program will be held at the Kids Health Club 3 times weekly and youth will have the opportunity to choose what days of the week they would like to come Monday thru Saturday. The program would allow a minimal guarantee of 100 youth. The coaching staff will work the youth through a specifically designed exercise program which will make **“Fitness Fun”**.

The child will be enrolled as a regular member of the club for the six months and are encouraged to attend the club a minimum of three times per week to workout.

Children may enroll in one or both of the sessions. The proposed scholarship for each youth is \$400.00 per each six month session. The children can enroll in the program beginning December 06, 2010.



114 Lincoln Mall Drive
Matteson, Illinois 60443
708-248-7420 www.kidshealthclub.com

Nutrition Seminars

Nutrition is a very essential part of developing a healthy lifestyle therefore Kids Health Club Foundation will be offering nutritional seminars. The parent/guardian must commit to attend and participate in 6 hours of nutrition/ educational seminars designed by the WE CAN (Ways to Enhance Children's Activity & Nutrition) Program during each six month session.

Lesson One

Title: "Energize Our Families: Getting Started"

Lesson overview: Overview of WE CAN program. **Why should we care about our weight?**

Lesson Two

Title: "Maintain a Healthy Weight: The Energy Balance Equation"

Lesson Overview: Introduces the concept of energy balance. **What can my family and I do to encourage a healthy weight?**

Lesson Three

Title: "What To Feed My Family: Manage Energy In"

Lesson Overview: Take energy in and learn how to identify foods to take in while limiting fat, added sugars and calories. **The heart of the matter.**

Lesson Four

Title: "Find Fun in Physical Activity: Energy Out"

Lesson Overview: Learn the importance of physical activity and ways to increase the amount. **Focus on food choices and portion size.**

Lesson Five

Title: "Less Sit, More Fit: Decrease Screen Time and Increase energy out."

Lesson Overview: Learn other ways of energy out and reduce screen time. **How much physical activity should we get?**

Lesson Six

Title: "Maintain a Healthy Weight for Life!"

Lesson Overview: Learn how to sustain energy balance, stay motivated and handle setbacks in order to maintain a healthy weigh for life. **What resources can I use?**



114 Lincoln Mall Drive
Matteson, Illinois 60443
708-248-7420 www.kidshealthclub.com

Statistical Data

Kids Health Club will take a Body Mass Index (BMI) for each youth when they registration in the **“Fitness Is Fun” Illinois Department of Public Health, Fitness & Nutrition Scholarship Program**. KHCF will then monitor the BMI each month throughout their membership. Youth progress with exercise and with BMI will be documented and keep on file at the Kids Health Club and a copy given to the member at the end of the program. A certificate of completion will be given to each participant.

Location

All workout sessions and seminars will be held at the Kid Health Club located at 114 Lincoln Highway, Matteson, Illinois 60443, 708-248-7420.

Kids Health Club Foundation would like to congratulate The Illinois Department of Public Health on its efforts in fighting childhood obesity.



114 Lincoln Mall Drive
Matteson, Illinois 60443
708-248-7420 www.kidshealthclub.com

“Fitness Is Fun” Illinois Department of Public Health, Fitness & Nutrition Scholarship Program

Enrollment/ Consent Form

Date _____

I _____ consent to enroll _____
Parent/Legal Guardian Member's Name

The Kids Health Club I understand that the program includes:

The child will be enrolled as a regular member of the “Fitness Is Fun” Illinois Department of Public Health, Fitness & Nutrition Scholarship Program for the six months and must attend the club at least three times per week to workout.

The parent/legal guardian must commit to attend and participate in 6 hours of nutrition educational seminars.

The child and their parents/legal guardian must consent to participate in data gathering information for statistical data and media coverage to include photographs, digital or video tape recordings.

Print Name

Signature Parent Legal/Guardian

Date

This program is sponsored by Illinois Department of Public Health

Participant	Age	Gender	Months Attended	Pre-BMI	Post-BMI	Pre-Post (loss)
A	10	F	24	20.5	19.5	-1.0
B	11	F	6	27.8	29.3	+1.5
C	13	F	6	31.7	31.9	+0.2
D	10	F	12	31.7	29.8	-1.9
E	11	F	10	32.1	30.8	-1.3
F	15	M	38	26.3	28.3	+2.0
G	12	F	9	27.7	28.9	+1.2
H	9	F	14	23.1	21.0	-2.1
I	12	F	12	28.1	27.9	-0.2
J	15	F	21	28.2	27.8	-0.4
K	12	F	27	30.3	33.2	+2.9
L	11	M	27	22.3	15.4	-6.9
M	8	M	18	28.2	16.9	-11.3
N	6	M	9	16.9	16.9	0.0
O	11	F	18	33.6	36.2	+2.6
P	9	F	12	27.3	27.0	-0.3
Q	11	M	10	39.4	36.1	-3.3
R	14	F	24	38.9	37.1	-1.8
S	10	M	24	21.9	28.2	+6.3
T	14	M	15	26.2	21.0	-5.2
U	5	F	15	24.1	25.9	+1.8
V	8	M	19	22.3	24.8	+2.5
W	10	M	28	27.1	25.7	-1.4
X	11	F	14	28.2	27.6	-0.6
Y	12	F	7	39.0	38.5	-0.5
N=25	10.8	F=16 M= 9	16.76	702.9 28.11	685.7 27.43	17.2 loss .68 avg.

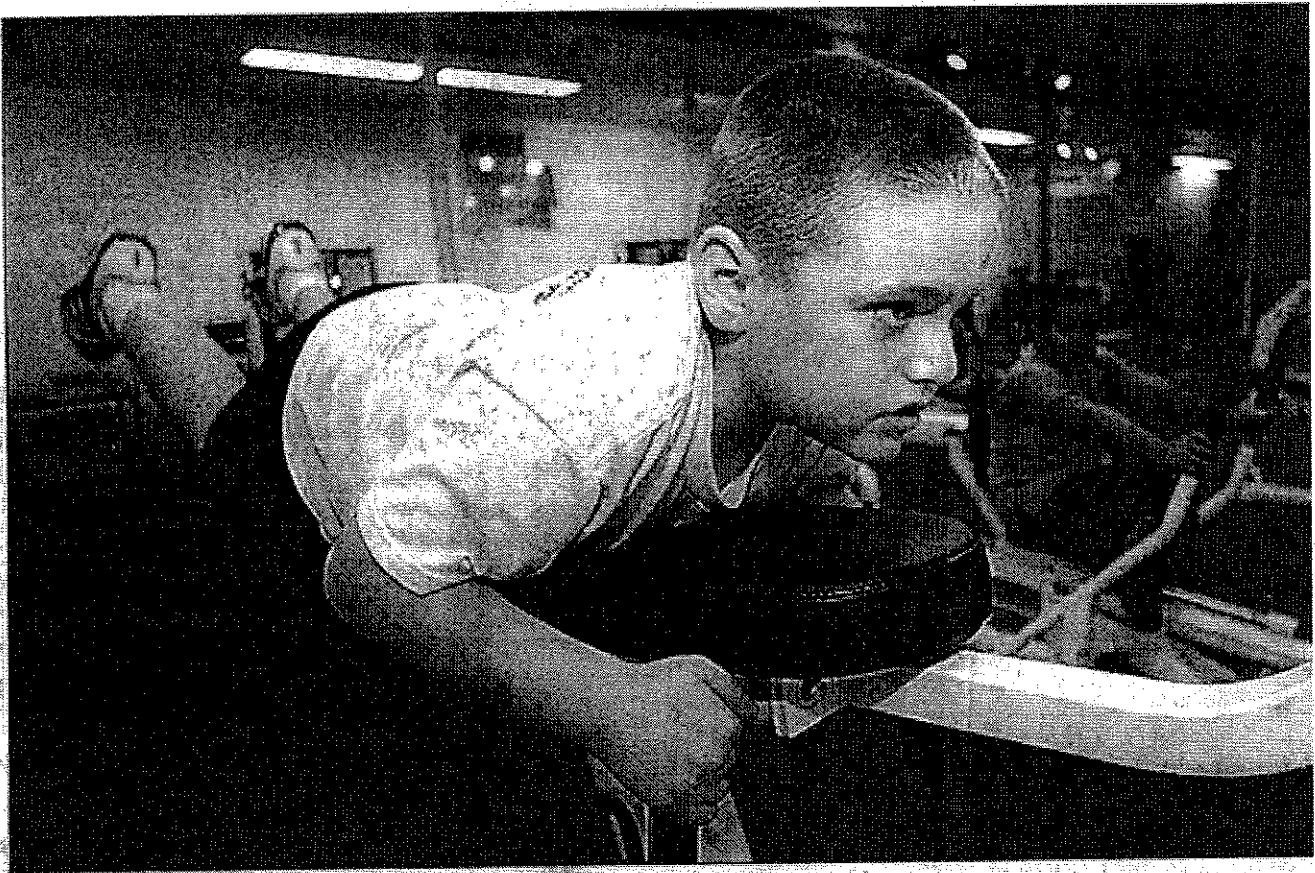
Females

Average Age: 11.06 years
 Age Range: (5-15)
 Pre-BMI Range: (20.5-39.0)
 Post-BMI Range: (19.5-38.5)
 Range in BMI Loss: (-.02 - +2.9)
 Total BMI Loss = +0.1

Males

Average Age: 10.33 years
 Age Range: (6-15)
 Pre-BMI Range: (16.9-39.4)
 Post-BMI Range: (16.9-36.1)
 Range in BMI Loss: (1.4-11.3)
 Total BMI Loss = -17.3

Kids Health Club targets unfit children



Photos by Art Vassy/Daily South

Ted Wick, 8, and Booker Donelson (background), 7, work out at Kids Health Club in Homewood.

A WEIGHTY ISSUE

By Howard Ludwig
Staff writer

Perhaps you've resolved to get in shape in 2006. But what about your kids?

Vernard Alsberry Jr. opened Kids Health Club in Homewood on Nov. 16. The gym, exclusively for children age 6 to 16, offers an array of youth weight machines and cardiovascular equipment.

Alsberry's club at 18667 Dixie Highway has 29 members. He expects membership to surge next month as New Year's resolutions raise both parents and children off the couch.

Members are charged a \$100 registration fee and a monthly fee of \$55 per child. Families with more than one child are eligible for a discount.

Alsberry and his wife, J. Diane Adams-Alsberry, are both trained in physical therapy. The couple live in Hazel Crest and also operate CALM Inc., an assisted living company.

Alsberry described himself as being "a heavy kid" and opened the club in response to his growing concern about inactive children and obesity.

Don't miss this story in his feature, *Northwestern Instructor*



Health

Continued from page F1

Stamford discounts the notion that weight training can damage growth plates, impeding bone production. In fact, young bones thrive when placed under the proper stress, he said.

Alsberry said his machines are designed for kids thus provide age-appropriate workouts. The machines are arranged side-by-side for "circuit training."

This "circuit" method sends users from machine to machine for brief intervals, exercising an array of muscles. The circuit takes one hour to complete and parents must pick up their children when the hour is up.

Douglas and Heather Hopson, of Flossmoor, brought their three children — Hannah, 10, Lindsay, 9, William, 7, and Whitney, 6 — into Kids Health Club on Wednesday.

"Both of my older daughters are softball players. I thought it was a good idea that they come in here," Heather Hopson said.

The Hopson children don't play outside without supervision. The family rule was instituted for safety reasons, but physical activity is often limited as a result.

"It is just not as safe for kids to stay outside all day anymore," Heather Hopson said.

Howard Ludwig may be reached at (708) 633-6954.



Art Vassy/Daily Sou

Husband and wife team J. Diane Adams-Alsberry and Vernard Alsberry Jr. are the owners of Kids Health Club in Homewood.

[Close Window](#)

Children need to eat better, exercise more

BY CARMEN McCOLLUM AND ELIZABETH HOLMES
Times Staff Writers

As never before, our children are getting fatter.

Overindulging on cookies, chips and pop and spending too much time sitting is pushing our kids nearly past the national average for childhood obesity.

Already Northwest Indiana adults on average are fatter than the rest of the country. Can it be too much longer before more children follow mom's and dad's example, experts worry.

A health assessment commissioned by the United Ways of Lake,

See **OBESITY, A8**

Weighty statistics

A greater percentage of Northwest Indiana residents of all ages are overweight or obese than nationwide, setting a bad example for our children.

Northwest Indiana United States

Percent of children who are overweight*

22.2%



Percent of all citizens who are obese

29%



Percent with no leisure physical activity

31.5%



*Children 6-17

SOURCE: 2005 Epidemiological Report on the Health Concerns of Northwest Indiana

THE TIMES

GETHEALTHY WITH THE TIMES

Looking for ideas about how to live a healthy lifestyle. Pick up the **getHealthy** section of The Times every Monday. Each week has tips from personal trainers, support group contact info and more.

Homewood gym uses equipment geared for kids

BY ALLISON FASHEK
afashek@nwitimes.com
219.662.5333

HOMEWOOD | When Vernard Alsberry Jr. and his wife opened a health club for children in November, he wanted to make sure it had that "wow" factor.

That meant high-tech games, energizing music, no mirrors and other special touches to make the children think less about working out and more about having fun.

"They all say the same thing when they walk in - 'Man, this place is cool,'" Alsberry said. "To the kids, this is not exercise. This is play to them."

See **GYM, A9**

ABOUT THIS TIMES SPECIAL REPORT

TODAY

Experts say tackling obesity in children takes a coordinated effort among families, schools and communities.

Some lawmakers are working to increase the availability of juice to children. **A9**

MONDAY

Schools play an important role in children's health by encouraging physical activity and providing information.

Two programs in Munster and Hobart are helping kids develop healthy habits.

TUESDAY

Solving obesity problems begins at home. Local families are working together to improve overall health.

Doctors say behavioral changes must accompany medical solutions to weight loss.

www.times.com

Learn about nutrition and exercise programs that other local communities are using to help children get and stay fit.

Find past stories about how to live a healthy lifestyle from The Times' **getHealthy** section.

Kids get moving in Homewood

Fast, fun workouts make kids forget they are exercising

STORY AND PHOTOS
BY JEAN DUNNING

Can't get your child away from the video games long enough to get physical exercise? Now you don't have to. Kids Health Club in Homewood, geared for kids 6-16, incorporates video games and other cool equipment into a workout program that brings physical fitness for kids to a whole new level of fun.

Kids can dance their way through a cardiovascular workout on Dance Dance Revolution, an interactive video game that challenges kids to keep up with the computer by hitting the correct squares on a dance pad. Kids can compete against the computer or each other.

Workouts go fast because they forget they are working out. Interactive game bikes keep the attention off the clock by redirecting it onto a big screen TV where kids race against each other by controlling the movements of their virtual bike with the movements of the bikes they are on.

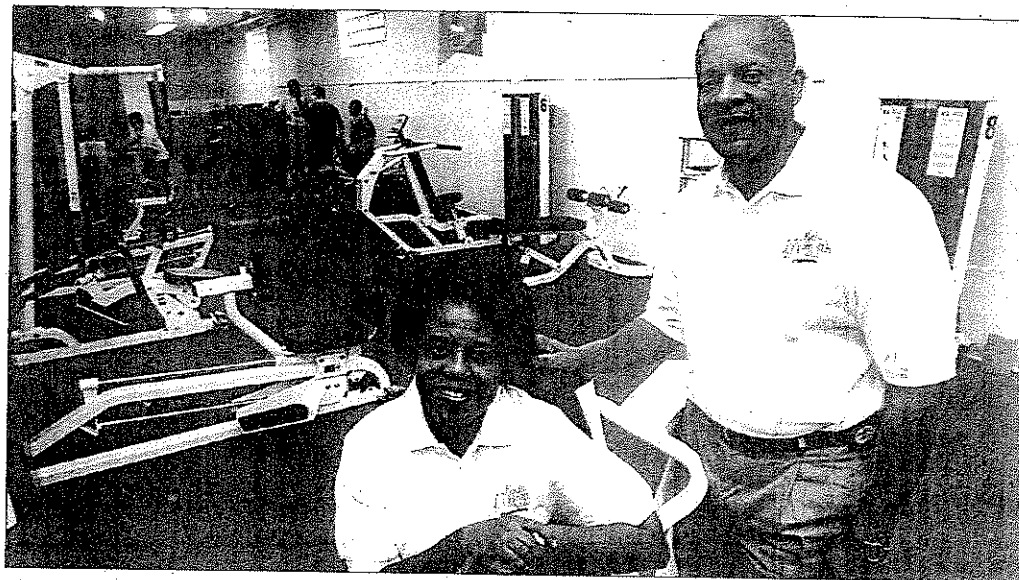
Video cameras add to the fun, putting kids into other interactive games such as boxing and baseball. There are 100 different scenarios.

Not all the fun is on screen. The large Sportwall provides loads of fun as kids compete against each other in a variety of relay-type races where they can hit the wall for points.

"We want the kids to know that working out can be fun," says Joan Diane Alsberry, a physical therapist who co-owns Kids Health Club, located at 18667 Dixie Highway in Homewood, with her husband Vernard, a



methods—kids move from



Above, Joan Diane and Vernard Alsberry, owners of the Kids Health Club in Homewood. Below, Ted Wick (left) and Booker Donaldson, both of Flossmoor.

physical therapist assistant. Alsberry has been in the field for 30 years and her husband for 28 years.

Kids Health Club started as a dream to create a fitness camp for kids but quickly grew into so much more, including a 3,000-square-foot facility offering a series of specialized weight machines.

"Our machines are not scaled down adult machines; they are designed specially for children and work large muscle groups rather than individual muscles," Alsberry says. Machines are set up to take advantage of circuit training methods—kids move from

machine to machine in short intervals.

A workout session runs about 45-50 minutes and parents are not required to remain on the premises. A number of high school seniors are on staff as coaches giving the kids positive role models.

Kids Health Club also offers a variety of classes that are sure to keep these new fitness nuts in step—everything from Hip Hop to sports agility classes where kids work on basic sport skills needed such as running and side stepping.

"I wanted Noah to be more active," says Michelle Robinson who brings her 9-year-old son to the youth gym three times a week. "He loves it. I love it too." Noah has already lost 10 pounds. Robinson says his loss is due to more than his now-structured workouts.

"Noah has also changed his eating habits," Robinson says. "He is now on a 1,200 per day calorie count. It is all part of the program."

Robinson says parents and children have an opportunity to attend nutrition classes where they are taught about portion size and how to read labels.

She says she likes that the emphasis is on making exercise fun and forming positive views of physical fitness.

The Alsberrys make sure no one, regardless of weight, is made uncomfortable. Mirrors and scales are not visible. Instead coaches encourage kids to worry about playing hard and effectively. "The kids are all doing the same so Noah is not intimidated by kids who are skinny or heavier than he is. They are all just there to play the games and have fun," Robinson says.

Open for a little more than a year, Kids Health Club has 75 members. Members pay a \$100 registration fee plus \$55 per month for the first child. A discount is available to families with more than one child. For more information, call (708) 647-6432 or visit www.kidshealthclub.com.

Jean Dunning covers the South and Southwest suburbs of Chicago for Chicago Parent. If you have story ideas or would like to be a part of the South/Southwest Parent Source e-mail list, e-mail storiesbyjd@sbcglobal.net.



CHILDHOOD OBESITY

A TIMES SPECIAL REPORT

Region's children getting too large



NATALIE BATTAGLIA | THE TIMES

Vernard Alsberry Jr., co-owner of Kids Health Club, times Nila Pruitt, 10, on the machine called Superman. Nila comes to the club four days a week. The club for kids offers 50-minute programs including a variety of activities.

Children need to eat better, exercise more

BY CARMEN McCOLLUM AND ELIZABETH HOLMES
Times Staff Writers

As never before, our children are

Weighty statistics

A greater percentage of Northwest Indiana residents of all ages are overweight or obese than nationwide, setting a bad example for our children.

Northwest Indiana United States
Percent of children who are overweight*

22.2%

24.4%

Percent of all citizens who are obese

29%

Homewood gym uses equipment geared for kids

BY ALLISON FASHEK
afashek@nwitimes.com
219.662.5333

HOMEWOOD | When Vernard

Fighting Childhood Obesity



While writing a story about children's circuit training for our magazine, I interviewed the owner of KidsHealthClub.com, a health club for children in Homewood, IL. I suggested Vernard Alsberry as a speaker for the Club Industry show because of his experience running a successful children's health club and his passion for helping kids improve their health.

At 8:30 this morning, I attended Vern's session, which had a full house. He discussed the health, orthopedic and psychosocial effects of childhood obesity.

He and his wife, J. Diane Adams-Alsberry, are both in the physical therapy field and used their expertise to design a program for children. Vern said that while preschool programs such as Little Gym, My Gym and Gymboree have been around for quite some time, stand-alone centers for children and adolescents are just beginning.

"When children aren't 13 and can't go into the gym with their parents, they're not going to go into the toddler room, so they'll stay at home," he said.

At home, kids nowadays are likely to eat unhealthy snacks and play video games, which can lead to childhood obesity or a weight problem.

In addition to working with obese kids, Vern also works with athletes who are looking to improve their performance. Today's kids need to be strong enough to participate in organized sports and prevent injuries, he says.

It's up to fitness professionals to make a difference, he says.

"There has to be a big push (to prevent childhood obesity)," he says. "The kids need it."