

For Immediate Release

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## Cities' Active Living Initiative Joins Forces with Lifestyle Family Fitness to Get Columbus Teens Moving this Summer

Columbus, OH (June 12, 2009) – Columbus Public Health's Institute for Active Living (IAL), created by Mayor Michael B. Coleman last year, continues to lead the fight against childhood obesity. The organization is teaming up with Lifestyle Family Fitness to make sure Columbus teens have a place to break a sweat this summer, for free.

“Our objective is to work with young people to adopt a healthy lifestyle throughout the year,” says Barb Seckler, Director of the Institute for Active Living. “Lifestyle Family Fitness’ generous offer aligns well with our efforts.”

In an effort to battle childhood obesity, Lifestyle Family Fitness began allowing teens free summer memberships three years ago. The membership comes during summer months when teens may not otherwise have access to physical education.

“I am thankful to be able to do something significant for teens who may be facing the same self-esteem issues I once faced as a result of being overweight,” says Lifestyle Family Fitness founder Geoff Dyer, who once battled childhood obesity tipping the scales at 248 pounds at 17 years of age.

“Self esteem or the lack thereof for overweight teens can be quickly recaptured when teens start exercising and feeling good about their appearance again.”

Among the many benefits of physical activity are higher levels of self-confidence and lower stress and anxiety levels. Overweight teens are at risk for many health problems, including high blood pressure, heart disease, high cholesterol, and Type 2 diabetes.

“Ohio has the sixth highest death rate in the nation, due to diabetes,” adds Seckler who bicycles regularly and just participated in the cities’ bike Columbus event. “We know physical activity **and helping our youth grow up with healthy weights are effective** tools to prevent diabetes in youth.”

Lifestyle Family Fitness will open all 10 central Ohio locations to teens between the ages of 12 and 17 for two months during the summer. The program kicks off on June 12, 2009. Parents can register their teen for the free summer program by visiting [www.lff.com/teen](http://www.lff.com/teen) or by going into any of the companies’ health clubs. Teens are allowed to visit any Lifestyle club unaccompanied after the registration process is complete. However, it is requested that they end their visit at 5:00 p.m. on weekdays.

Mayor Michael B. Coleman and Dr. Teresa Long created the IAL in July 2008 to help Columbus residents build an active and healthier community. The Institute works to

lower the incidence of childhood obesity and diabetes by providing more opportunities for physical activity and nutritious food in neighborhoods with health disparities.

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A press conference with teens, the founder of Lifestyle Family Fitness, the Director of the IAL, and the President of Lifestyle Family Fitness takes place at the Lifestyle Downtown location (21 East State Street Columbus, OH) on June 12 from 10:30-11:00a.m.

If you would like to arrange interviews with founder of Lifestyle Family Fitness before or after the conference times please contact Cassie Bouldin in advance by calling 727-385-1264 or by emailing [cbouldin@lff.com](mailto:cbouldin@lff.com) .