Te-Moak Indian Diabetes Program Adds New Kid's Fitness Program to Help Fight Childhood Diabetes & Obesity

The Te-Moak Diabetes Program in Elko, NV has recently added the Kids PACE Express Circuit Training Program to its Kid Fit program to help combat childhood diabetes and obesity.

Trabuco Canyon, CA (PRWEB) August 7, 2008 -- Pro*Fit Enterprises, manufacturers of PACE and Kids PACE Express hydraulic circuit training programs announces that the Te-Moak Diabetes Program will become the first facility on an Indian reservation in the US with its kid's fitness program.

Rande LaDue, President of Pro*Fit (www.kidspaceexpress.com) says "We are proud that the Te-Moak Diabetes program has agreed to become a National Showcase Club for Kids PACE Express. I applaud Sharon Keams and her staff for their efforts to help fight childhood diabetes and obesity. We are raising a generation of unfit kids; childhood obesity has reached near epidemic levels, especially in Native American populations. Kids PE is designed to introduce kids ages 5-13 into a healthy fitness lifestyle in a safe, fun, non-intimidating program. Unlike scaled down weight stack machines for kids, Kids PE is very safe on growing bones and joints and offers a very high calorie burn in a fun "fitness musical chairs" format without muscle soreness or intimidation.

The two major keys to the success of this program are safety and fun. Obviously, a program for kids must first be safe. Kids PE equipment has been designed by medical, fitness and recreation professionals to ensure a safe effective program. Next, a program must be fun. If it's not fun, the kids will not stick with it; if it is fun, they will keep coming back and they will see results very quickly.

Sharon Keams, Assistant Coordinator of the Te-Moak Diabetes Program, says, "We are very excited about being the first Native American facility in the US to offer this much needed program. This reflects our commitment to our community by offering the highest quality equipment, program and services. This has taken a long time to develop, but we are thrilled that we are finally here to help the kids."

Roberta Sam, Kid Fit Coach, says, "We are looking forward to introducing kids into fitness in a fun way and seeing the results the kids will experience with this new program. With the Kids PACE Express program, there is no intimidation or peer pressure since there are no weight stacks or muscle soreness. The hydraulic machines will match the effort of each child, so everyone will be working at their own pace. We expect to have lots of fun and to see lots of smiles and sweat."

For more information on the Te-Moak Diabetes program, contact Sharon Keams at 775-738-4881. For more information on the Kids PACE Express Circuit Training Program, contact Rande LaDue at 949-888-8045 or visit www.kidspaceexpress.com.

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