



# YOUTH FITNESS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
AN ACTION PLAN  
FOR SHAPING  
AMERICA'S KIDS

Matt Brzycki and Fred Fornicola

Matt Brzycki

## Youth Fitness: An Action Plan for Shaping America's Kids



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In addition, 60% of obese kids between 5 and 10 years of age have got at least one risk element for cardio-vascular diseases. Currently over 33% of youth up to age 19 are overweight or obese. There are widespread concerns concerning the fitness of America's children. Appropriate applications are offered and issues tackled that plague today's teenagers like the sedentary lifestyle, weight problems, diabetes with the expectation of making fitness a part of each child's existence. This book takes on the difficult task of reversing these grim figures by guiding young US citizens in their journey to be healthier and get fit.



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Make it Section of Your Plan As an elementary educator and mother or father of a teenager, I am extremely interested in the factors that donate to medical and well-being of teenagers. Conditioning I have been a reader of Matt's books for many years. You can find clear directions for simple exercises (with accompanying photos), sample workout schedules, and strategies for weight reduction. The book is effective and informative. Aside from the fact that it was geared specifically toward youth this name wasn't much unique of Matt's popular reserve "A Practical Method of Strength Training". That is an excellent blend an basic and straight-forward concepts for children and their parents to check out. It covers all aspects of youth conditioning to add stretching, cardiovascular exercise as well as strength training. This book is strictly what America needs! Better yet, the reader is demonstrated how exactly to implement these equipment in a safe and productive way, rather than the usual ballistic or "functional training" fashion taught by various other authors. Strategy to use, Matt and Fred! These two make a great team when it comes to writing books. What America needs. I reviewed the reserve prior to buying it and it had all of the necessary components to assist her with her system. I'm also conscious that other libraries in this section of the state have purchased copies.General this is an excellent title for parents, fitness instructors, strength coaches, PE teachers, or anyone working to help keep youth healthy and strong.Previously Matt wrote a reserve titled "Youth Strength and Conditioning" that was devoted to youth fitness.Update to Youth Strength & Brzycki and Fornicola possess created a handbook that is appropriate for parents, educators, coaches and teens themselves. DONE WELL!" and "Poor Nutrition = ILLNESS") and true "action planning", as the title suggests. Some of these are fairly repetitive when it comes to fitness information that doesn't make sure they are any less important.I'm thrilled to possess purchased such a useful book for my child. I also bought a copy for my daughter's elementary college and my son's track coach. There are so few quality resources on this topic, it's essential for any adult who cares about youth fitness. Another Winner This is the second book by both of these that I have plus they certainly don't suffer from the sophomore jinx. Normally, books aimed at child fitness ether come across as too "preachy" or way too technical. However, this new reserve "Youth Fitness" takes off where Matt's previous book left off. I can't await their next collaboration.The authors provide an excellent balance of background information (with sections like "What is Fitness? Book was well done. You can tell the Authors have a massive amount of experience on the subject. This book addresses Youth Fitness well without bogging down and obtaining boring. Readable and follow. This book should find its way into the School System as a textbook. VALUABLE PURCHASE FOR Community AND SCHOOL LIBRARIES We purchased many copies of this reserve for the Asbury Recreation area Public Library; and because it can be used by customers of all age range we positioned them in both the adult and children's collections. Great gift I bought this book as something special for a coworker who works together with children and was developing a youth plan. Childhood obesity is nearly epidemic in our city and this book gives parents and others very helpful advice about some of the steps that they can consider to deal with this very significant problem. Check out their other collaborative name "Dumbbell Training for Strength and Fitness"... Wow! The best part of this book is the addition of "nontraditional" strength training strategies including the usage of sandbags, ropes, medicine balls, excess weight sleds, etc. Child obesity rates increasing, declining scholastic physical education applications and outright laziness permeating our Country's youth. Basic suggestions to get our FUTURE leaders off their butts, moving and actually enjoying physical activity. Although, this recent addition to the publication is likely the work of Fred instead of Matt, but it doesn't matter.



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