

# J. D. McCarty Center

for children with developmental disabilities



2002 East Robinson Street Norman, Oklahoma 73071  
Telephone: 405.307.2800 Fax: 405.307.2801  
Mailing Address: P. O. Box 490, Norman, Oklahoma 73070

## News Release

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**Contact:** Greg Gaston

Director of Marketing

**E-Mail Address:** [ggaston@jdmc.org](mailto:ggaston@jdmc.org)

**Direct Line:** 405.307.2807

**Cell Phone:** 405.249.6758

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### Fit Kids Club Starts Again This Fall

The J. D. McCarty Center announces the return of their Fit Kids Club this fall starting on Thursday, September 28. The Fit Kids Club is a wellness program designed to show kids working out doesn't have to be work, but can be fun and beneficial all at the same time.

Jennifer Woodruff, McCarty Center physical therapist, will coach Fit Kids Club. "Besides building strong bones and healthy bodies, we want children to be successful in setting and meeting fitness goals, that in turn help build their self confidence and self esteem," explained Woodruff. "Obesity and diabetes are on the increase among children. When kids learn to make aerobic activity and healthy food choices a part of their daily life obesity and diabetes can be reduced," added Woodruff.

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The Fit Kids Club is divided into two groups. The first group is for kids in the third thru fifth grade. They will meet Thursday from 5:30 p.m. to 6:30 p.m. in the therapy gym at the McCarty Center. This group's activities will be built around fun physical activity, games and exercise. Besides the aerobic activity Woodruff will teach short educational sessions on topics like good food choices, building healthy bones, heart and lung fitness and much more.

Kids in the sixth grade thru the ninth grade will meet Thursday evenings from 6:45 p.m. to 8:00 p.m. This session will provide personalized training...aerobic conditioning and circuit training on fitness equipment and weight machines.

"In addition to traditional fitness regimens, we will introduce the kids to pilates, yoga, high and low impact aerobics and aquatic exercises so that kids can see a variety of ways they can exercise," Woodruff said.

Fit Kids Club membership has a limited availability. The deadline for signing up is Friday, September 22. The club's first meeting is Thursday, September 28. Call Jennifer Woodruff at 307.2849 or e-mail her at [jwoodruff@jdmc.org](mailto:jwoodruff@jdmc.org) to join the club. Membership dues for the Fit Kids Club are \$50. The Program will last eight weeks and ends on Thursday, November 16,

The J. D. McCarty Center in Norman is Oklahoma's center of excellence in the care and treatment of children with developmental disabilities from birth to 21. Founded in 1946, the hospital only treated one diagnosis...cerebral palsy. Today the McCarty Center has treated more than 70 different diagnoses in the developmental disability category.

For more information about the J. D. McCarty Center visit our website at [www.jdmc.org](http://www.jdmc.org).