

## Summer Camp Options

- Dive-in Snorkeling Adventure Camp  
Summer camp includes opportunities such as Fishing, Hiking, Crab Trapping, Cast getting, Marine Life Collecting / Identification, skim boarding / boogie boarding, Paddle Boarding, Kayaking and Water Safety.  
[www.diveinsnorkeling.com](http://www.diveinsnorkeling.com)  
(561) 319-1421
- Keep Flippin Gymnastics  
Summer camp includes gymnastics, games, field trips, mini-golf, movies, talent shows, ice cream parties, and much more. Camp runs until school begins.  
[www.keepflippin.com](http://www.keepflippin.com)  
(561) 745-2511
- Jupiter Outdoor Center  
The Jupiter Outdoor Center Summer Camp is an adventure program for kids ages 6-14 years old designed to get kids out from behind the glow of television and computer screens and into the outdoors.  
[www.jupiteroutdoorcenter.com](http://www.jupiteroutdoorcenter.com)  
(561) 747-0063
- Line Drive Indoor Baseball  
Stay out of the summer heat, and sun. Improve your weaknesses, maintain your strengths. Keep your bat hot while staying cool.  
[www.linedriveindoorbaseball.com](http://www.linedriveindoorbaseball.com)  
(561) 283-6614
- YMCA  
Today day camp is more vital than ever. Discover skills, build friendships, find a place to belong.  
[www.ymcapalmbeaches.org](http://www.ymcapalmbeaches.org)  
(561) 968-9622

## E3 Bootcamp

With most camp options lasting only a week in duration, many parents find themselves looking for sustainable consistent activity for their son or daughter. E3 Strength offers boot camps Monday through Friday from 4 to 5 PM. Though these are great ways to help some adolescents get into or stay in shape, this is a great solution for all youth of any athletic background to have fun, gain confidence and stay active this summer.

## Keep Kids Active/Prevent Sedentary Activity

Children need to be active every day to promote their healthy growth and development. Youth who establish healthy lifestyle patterns at a young age will carry them - and their benefits - forward for the rest of their lives. Additionally, physical activity is a critical to preventing childhood obesity. Limiting the time kids participate in sedentary activities such as video games, watching TV, etc. will allow for exchanging "screen time" for activity time. Finding an activity that your child enjoy will ensure that they remain consistent and stick with it. By having your children pick the activity, this will make it more likely for them to participate.

## Make It A Team Effort

Many parents bring in their youth with a weight loss or body fat reduction goal in mind. Though, this is necessary, and something that we specialize in, we recommend that each individual have small sustainable (not necessarily weight specific) goals to achieve an increase in activity and create a love for health and wellness. This allows the individual to conceptualize weight loss as their idea, in which case their confidence is increased and they are more apt to get and keep results. The best results are achieved when families decide that they will collectively make a change. This could mean that mom and dad began cooking healthy meals while the kids participate in youth activities/boot camp. Or, many families have opted to take advantage of our family discounts for adult and youth boot camp, allowing everyone to get in shape together.

## At Home & On The Go

By incorporating at-home and on the go workout routines will ensure for kids and the whole family to stay active on vacations and while traveling. Below are instructions on how to build a quick high intensity interval training (HIIT) routine.

**Instructions:** Pick one exercise from each body group. Complete all four exercises in succession for 20 sec each with a 40 sec rest to follow (2min). Next, repeat this circuit twice (6 min). Next, create a new set of four exercises and repeat this process again (6min, 12min total). After the completion of a third circuit the workout is complete (18 min total).

**First:** MTN Climber, Speed Skaters, Jumping Jacks

**Second:** Body Weight Squats, Pulsing Lunge, Forward Lunges

**Third:** Push-up, Bench Dips, Shoulder Tap

**Forth:** Plank with Knee Tuck, V-Sits, Reverse Crunches

## For More Workout/Health Options Go To:

<https://e3strength.com/perform/>

<https://e3strength.com/drive/>

<https://e3strength.com/purpose/>