

Vital Statistics

- Obesity among youths in the U.S. has risen nearly 200 % over the last two decades. At least one child in five is currently overweight, and the number of overweight children continues to rise at an alarming rate.
- The number of overweight children (6-11) has increased by 50% over the past two decades, and the number of "extremely" overweight children has nearly doubled. The prevalence of overweight adolescents has almost tripled for adolescents 12-19 compared to the same period. This makes overweight and obesity the most chronic illness in pediatrics.
- Forty percent of all 5-to-8 year old children already show at least one incidence of heart disease, hypertension, high cholesterol or diabetes. (As many as 92 % of all children and adolescents with type 2 diabetes are significantly overweight and about 40 percent are clinically obese.)
- The Centers for Disease Control and Prevention now estimate that one in three Americans born in the year 2000 will develop type 2 diabetes.
- Decline in physical activity has played a significant role contributing to weight gain among adolescent girls in particular.
- Students who participate in interscholastic sports are less likely to be regular and heavy smokers or use drugs, more likely to stay in school, have good conduct, and have high academic performance. Lack of recreational activity, on the other hand, may contribute to making young people vulnerable to gangs, drugs, and violence
- Overweight teens are seventeen times more likely to be overweight or obese as adults. Teens often face social and psychological challenges that can have permanent effects.

COMPLIMENTARY ONE DAY PASS!

Name: _____

Phone: _____

Email: _____

Referred by: _____

Parent waiver required.

Advisory Board

Advisory board members are not being financially compensated for their participation with Blast Wellness Center.

Dr. Gerard J. Musante, PhD.

Founder and director of Structure House, a residential weight management and healthy lifestyle clinic in Durham, North Carolina, and consulting professor with the Duke University Medical Center.



Established in 1977, Structure house pioneered the behavior approach to weight management. Thousands of adults from all 50 states and more than 35 countries have sought and found solutions for their negative relationship with food. www.StructureHouse.com

Walter J. Porres, MD, FACS

Chief of the East Carolina University Metabolic Institute, Principal Investigator for major obesity research grants for the National Institutes of Health and industry, former President of the American Society for Bariatric Surgery.



Director

Ira Green weighed 200 pounds at the age of 12 years old and graduated high school at 325 pounds. As an adult, his weight peaked at over 450 pounds.

The past several years Ira has achieved and maintained a weight loss of over

200 pounds. Personal struggles have inspired him to dedicate his life to helping others, especially children, with issues associated with obesity. After years of research he opened Camp Timber Creek in the beautiful North Carolina Mountains. Ira and his staff has helped hundreds of children with diet, exercise, building confidence and self esteem, while having fun. www.HealthyKidsCamps.com

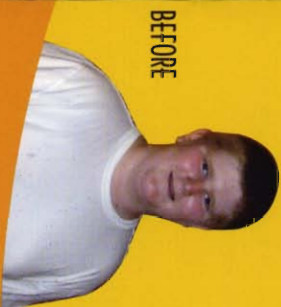


www.blastwellness.com

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Suite 35
Durham, NC 27707
(919) 403-4FUN (4386)
larry@blastwellness.com

Larry Jones

Finally... a place for kids that builds self-esteem and promotes fitness and healthy living in a positive fun environment.



BEFORE



AFTER



BEFORE



AFTER

4600 Chapel Hill Blvd., Suite 35
Durham, NC 27707

Phone: (919) 403-4FUN (4386)
OAK CREEK SHOPPING CENTER
15-501 & Garrett Road (Behind Chiff's)
www.BlastWellness.com

MISSION STATEMENT

Blast Wellness Center provides a healthy, secure, enjoyable environment for children ages 8-18. Participation promotes an improved physical and emotional well being and results in a positive self-image and greater sense of self worth.

In seminars, workshops and proven hands-on activities, children and their families learn to use the tools necessary to maintain a healthy lifestyle and to develop lasting successful relationships.

Blast Wellness operates on the principle that every child is inherently important and beautiful; that every child has the capacity to enrich the world regardless of appearance, race, sex, ethnic heritage or social background.

Blast Wellness accepts the challenge of leadership in healthy living by continuing to take the best of education, research, practice and combine it with camaraderie, community and wholesome all out fun.

FUNTASTIC PROGRAMS

Dance	Dance Revolution	Hip Hop	Dance Soccer
Flag Football	Pilates	Soccer	Dodgeball
Kickboxing	Abs/Stretch	Relay Races	Jazzercise
Jump Rope	Power Base	Aerobics	Marital Arts
Cheerleading	Boxing	Simon Says	Yoga
Crab Soccer	Jazz Dance	Circuit Training	Hackey Sack
Fencing	Floor Hockey	Hula Hoop	Salsa Dancing
Sumo Wrestling	Medicine Ball	Belly Dancing	African Drum
(Programs Change Monthly)			

BLAST ALSO FEATURES:

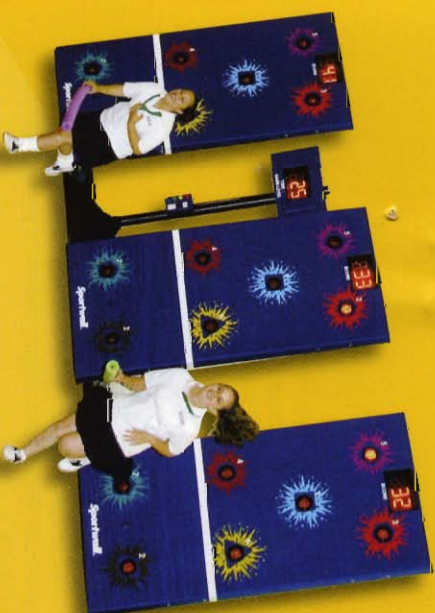
- Full Body Analysis
- Private Weekly Weigh Ins
- Nutrition Classes
- Guest Lectures
- State of the Art Web Site
- Automated Chat Room
- Fun, Fun, and More Fun



BEFORE



AFTER



"You have improved and changed our daughter's life."

L.M. Chapel Hill

"Ashley has gained invaluable knowledge regarding weight management. She gained self-esteem and made lots of new friends. You have helped a great deal! Thank you!"

N.J. Raleigh



"Aaron participated in his very first teen dance, has new found confidence and looks forward to all the dances. We are forever grateful!"

M.J. Elizabeth City

"Blast is so much more than a fitness center. The staff is 100% dedicated with helping your child reach their goals."

C.W. Durham

