



RELIONCE
SELF DEFENSE, INC

To Empower The Powerless

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OBESITY EPIDEMIC

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Clearly, proper nutrition and fitness play an enormous role in helping obese children lose weight. The key to success is finding a physical activity that they enjoy and has staying power.

BODIES IN MOTION

ReLIONce Self Defense has structured this unique Self Defense Fitness Program, dedicated to building self confidence, empowering and motivating students to achieve optimal fitness levels in a fun, non-threatening group setting.

Bodies In Motion is a uniquely designed beginner's self defense and fitness program catered to provide a fun and safe environment for overweight children.

STRUCTURE OF PROGRAM

Classes are monitored by a licensed Registered Respiratory Therapist and run 45 minutes to an hour with a combination of high and low impact activities.

Our goal is to teach healthy lifestyles (mind, body and spirit) by helping students feel better about themselves and setting obtainable goals. Through encouragement and praise our students learn self-confidence and self-respect, while instilling bible-based values, building teamwork, teaching dedication, commitment and self-discipline.

For more information on how we can tailor a program to meet your fitness needs, please contact us. Personal References from parents and students are also available upon request.

BENEFITS OF THE PROGRAM

Bodies In Motion teaches valuable and potentially life-saving concepts for self-defense, as well as builds endurance, increases flexibility, strengthens and tones muscles, improves balance and coordination.