

SHORT *Pump* LIFE

It's your home. Your life.

LOVE
is in the
AIR



To Our Short Pump Neighbor

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Richmond, VA

"Pancakes with Santa"

Nation's First Healthy Lifestyle Center Just For KIDS Now Open In Short Pump

Empowering Kids to learn about fitness, nutrition & living a healthy lifestyle...

In association with the American Medical Association, an Expert Committee has recently released new guidelines on preventing childhood overweight and obesity.

These guidelines include a recommendation of "participating in 60 minutes of moderate to vigorous physical activity per day." Furthermore, a study by Trust for America's Health indicates that less than 1/3 of parents believe children are participating in adequate amounts of physical activity. To provide an opportunity for our local community to keep our kids active, **Fitwize 4 Kids, Inc.**, the nation's leading innovator in children's fitness and nutrition education is proud to announce the arrival of a "Healthy Lifestyle Center" in Short Pump. Owner and Henrico County resident Charisse Jacques, has opened the doors to the area's one of a kind facility at Short Pump Crossing.

Fitwize 4 Kids was created to help address the rising epidemic of childhood inactivity and the increasing need for youth sports strength training by providing an educational environment where kids can learn life-long fitness and nutrition habits.

Ms. Jacques notes "my goal is to use fitness and nutrition to empower kids in the Greater Richmond area to find their own path to living happy, healthy lifestyles. This is important for all children so that they can properly build and strengthen their minds and bodies."

Fitwize 4 Kids Healthy Lifestyle Centers provide a fun filled environment, where kids ages 6½ to 15 learn about fitness, nutrition and living a healthy lifestyle. Everything is planned with kids in mind—from the lively décor and energetic music, to fitness equipment specifically designed for the physiology of children's growing bodies. The core Fitwize 4 Kids program consists of a supervised, 45-minute, full-body, circuit-style workout, as well as a world-class nutrition curriculum and a motivation and rewards system. Fitwize 4 Kids also provides other programs and activities for kids and their families.

Fitwize 4 Kids

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Eating Wonderland: Recent Work by Sue Johnson

University of Richmond Lora Robins Gallery of Design from Nature

In her latest artwork, contemporary Maryland artist Sue Johnson (American, born 1957) addresses themes of food, consumption, marketing, and mass production in her ceramic castings of dinnerware and popular foodstuffs. Along with her paintings on paper and digital collages, this exhibition features work that explores the creation and use of imagery in popular culture, the influence of context on these images, and how simple manipulations can result in humor, aversion, and complex commentaries on contemporary society. See Johnson's work thru June 15 at the Lora Robins Gallery of Design from Nature—University of Richmond.

The Lora Robins Gallery of Design from Nature is located in a separate wing of the Boatwright Memorial Library with its entrance on Richmond Way. Museum hours: Tuesday

through Friday,
11 am to 5 pm;
Saturday and Sunday,
1 to 5 pm. Closed:
Spring Break (3/8-
17/08), and Easter
Weekend (3/22-
24/08).

