

An inspiring movement

Excessive screen time and childhood obesity levels are at a critical high in Australia. The shocking statistic that 9 out of 10 children are not getting the recommended amount of movement each day sparked an idea that is now taking off like wildfire.

My First Gym (MFG), a gym tailored to kids ages 7 months- 13 years old has arrived in Maroochydore! MFG is on a mission to inspire movement in their local community, with their grand opening this Saturday, October 27.

My First Gym is a one-stop fitness shop for children. MFG is focused on inspiring movement and encouraging progression in a fun place where children love to play, and parents love to stay.

My First Gym 's development classes for specific age groups which are designed to improve physical literacy.

What is physical literacy you say?

It's the motivation, confidence, competence and understanding of physical activity and it lays the foundation for a healthy and active life. With a focus on progression week to week, term to term and year to year, My First Gym is here to constantly challenge and motivate children.

The speciality programs are designed to complement the development programs and give children a chance to develop their specialised sporting skills while having fun with a variety of

sports and disciplines. With qualified, professional coaches to teach technical skills and monitor progression, the speciality programs all lead to an exciting end of term showcase performance for mum, dad and the family. Speciality classes include yoga, gymnastics, martial arts, dance, ninja warrior and even parkour.

My First Gym offers parents the revolutionary My Movement Buddy system to track their child's progress. All programs and classes are designed to be used in conjunction with the innovative My Movement Buddy technology, which members can wear in and outside of class. The system allows parents and kids to track movements and reach goals in a way that is rewarding and fun. Kids are encouraged to clock up their movement score each day and watch their real-time score updating on in-class screens and the My First Gym app. This creates friendly rivalry among their classmates.

From the moment children walk through the doors, the goal is to inspire movement and motivation by building confidence and developing competence in a physical activity.



WE'RE ALL ABOUT HELPING AUSSIE KIDS
GROW UP FIT AND HEALTHY!

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