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In a sedentary age, workouts have become child's play.

Early to the Gym



JOAN FAIRMAN KANES / Inquirer Suburban S

Private health clubs target the kiddie set in an effort to fend off the fat.

By Lini S. Kadaba
INQUIRER STAFF WRITER

Gripping handlebars, Nick Piro positions his legs against a metal plate and pushes — back and forth, back and forth.

At 6 years old, the trim first-grader and his two brothers, age 8 and 11, are regulars at the Swedesboro, Gloucester County, Fitwize 4 Kids — a growing breed of health clubs that cater exclusively to the

At Youth Movement Fitness in Bryn Mawr, members (from left) Sabrina Kimmel, 5, Avery Stamps, 4, Hunter Kimmel, 2,

“Fitness is hot even for the very young.... athleticBaby is producing DVDs -- for viewers who can barely crawl.”