

# METRO

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THE PLAIN DEALER

## GETTING KIDS TO EXERCISE

# Camp turns families into fitness fans



LISA DUJONG | THE PLAIN DEALER

Kal Toth, 12, of Cleveland Heights, runs through the obstacle course challenge at the American Heart Association's Kids at Heart - Healthy Family Training Camp on Thursday evening at the Browns Training Facility in Berea.

## Parents, kids invited to event at Browns training site to fight obesity

GABRIEL BAIRD  
*Plain Dealer Reporter*

BEREA — Oshar Vaughn darted onto the artificial turf at the Browns Training Facility, followed by his two older brothers.

"I know what I want to do," the 7-year-old Cleveland boy shouted.

He pointed 60 yards downfield to an inflatable football-theme obstacle course.

"First, we've got to sign in,"

said his mother, April Owens.

She and her three sons were among about 600 people from Greater Cleveland invited on Tuesday to Kids at Heart - Healthy Family Training Camp.

The American Heart Association put on the event to combat the epidemic of obesity in the United States, where nearly one child in three is overweight.

"We'd like to open it to everyone," said Lynette Trentini,

a senior director with the association.

But even in a building as large as the training facility, there's limited capacity, so the event planners let health and gym teachers encourage and inspire children to be fit by giving invitations to this event to a select few.

Association sponsors like Aetna and the Cleveland Clinic also were giving out some passes, Trentini said.

The invitees were treated to

a balanced meal in the facility's cafeteria, then free mini-footballs, athletic bags and other wares as they listened to lessons about health and took part in activities.

One station was designed to see how many times kids could jump rope in a minute.

Ben Moore skipped his rope 43 times, then stopped.

"Keep going," his dad, Rich Moore, encouraged.

The 9-year-old Solon boy, who had heart surgery when

he was just four days old, got his invitation after participating in Jump Rope for Heart.

Karen Steigerwald wasn't impressed by the competition.

"Those kids can't jump rope," the Euclid mother said.

She joined in with her two children. She outpaced her

10-year-old son, Evan, who said he didn't realize they were racing. But she couldn't

keep up with 12-year-old Amy, who counted 123.

SEE FITNESS | B3