

It's not exercise it's.....

# **RECESS!**

.....**fun for all ages**

- Sick of the treadmill?
- Want something that will challenge you and get you in shape with no cost or gym fees?
- Parents - Don't know how to work, raise a family *and* maintain a healthy lifestyle?

The solution is ***Recess!***

Families (*all* family units accepted!) are invited and encouraged to participate!  
WAIT! You do not have a child in your household, but would like to participate?...  
We **WELCOME** Adults, Teens, and Senior Citizens!!!

Take a break from your stressful day...Challenge your body's natural athletic ability and channel *your* inner athlete!

Conventional gyms focus on cardiovascular endurance and muscle strength. ***Recess!*** will not only improve those aspects of health, but also agility, balance, coordination, flexibility, reaction time and speed, ultimately, improving the quality of your life!

If you are interested in losing weight and building muscular endurance, join us during ***Recess!***  
We provide exercises that *everyone* can do regardless of their age or current fitness level.

***Recess!*** is teaming with the "Eat Smart New York Program", courtesy of Cornell Cooperative Extension of Cortland, to provide participants with educational information to better assist them in making healthy food choices!  
The "Eat Smart New York Program" will provide a *tasty* new recipe each week!

**Both** programs are **FREE** and for **all** ages.

***Recess!*** is a Cortland County Youth Bureau Program  
and will be staffed by:

Jeremy Reynolds, AmeriCorps Volunteer and Teresa Baker, County Youth Bureau Intern  
Both are Kinesiology majors at State University of New York College at Cortland  
provided to you by Cortland County Youth Bureau

Eat Smart New York!



After all...

*"If you don't take care of your body,  
where else will you live?"*

-Trevor Romain-



Join us at one of the following locations @ 6:00-7:00 pm (10/8/09-12/4/09) :

Mondays—City of Cortland @ East End Community Center (46 Elm St., Cortland)  
Tuesdays—Virgil Elementary School (Gym)  
Wednesdays—McGraw Elementary School (Gym)  
Fridays—Cincinnatus School (Cafeteria)

Bring the entire family!!!

*(Under 13 yr. olds must be accompanied by an adult)*

Presented by the Cortland County Youth Bureau and Eat Smart New York!

For additional information, please call Cortland County Youth Bureau @ 753-5067

Visit our Website at [www.cortland-co.org/youth](http://www.cortland-co.org/youth), for more information on this and other programs.