

# REGION

News from the surrounding areas

## Company focusing on promoting healthy family life

The grand opening of "PLAY" (Parents Lead Active Youth), 101 Fireman's Plaza, Frackville, in the Just Aerobics and Fitness Center complex, will be held Dec. 1 at 9 a.m.

PLAY is a new company focused on teaching both parents and children the about a healthy lifestyle.

According to PLAY owner, Lori DiRenzo-Tarson, with more than one-third of America's adults and children being overweight, it becomes critical that children are taught from a young age the importance of a healthy lifestyle.

PLAY's aim is to get parents actively involved in programs that help teach children healthy eating habits and how

exercise can benefit them.

"I really think that parents and kids need to do it together for everybody to get it," explained DiRenzo-Tarson.

"Today we live in a fast-paced, sedentary lifestyle with little or no encouragement of physical activity. While genes can surely contribute to weight problems, we as parents have the greatest impact on our children's weight gain. My goal is not only to help you get fit, but to bring families together through exercise."

Several local school districts have already voiced great interest in PLAY. Recently, DiRenzo-Tarson unveiled the concept of PLAY to a conference of teachers and school

administrators.

The conference, held at Quality Inn and Suites in Pottsville, was sponsored by the Coordinated School Health Programs (CSHP) and was promoting cancer prevention by integrating healthier lifestyles in today's youth. The event also featured guest speaker Lori Davies of the American Cancer Society of Schuylkill County.

Tours of the new facility and light refreshments will be offered at the grand opening.

Enrollment in PLAY is now being accepted. Children in the three-to-six, seven-to-10, and 11-to-13 age groups are welcome. Enroll by calling 874-3787.