

# **KIDS Are TOPS Sports Center**

*(Home of TOPS Gymnastics Club)*  
7644 Paragon Road, Centerville, OH 45459

## **KIDS Are TOPS to help kids through the Tyson Fitness Challenge**

Centerville, Ohio, July 29, 2008 - KIDS Are TOPS is taking an active role in helping kids become more physically fit by hosting the Tyson Fitness Challenge, a joint initiative by USA Gymnastics and Tyson Foods. Created under the guidance of fitness and nutrition experts, the Tyson Fitness Challenge has two goals: helping today's youth get more physically fit and helping kids who are fighting illnesses by raising money for Children's Miracle Network. All money raised will stay in the community and go to the Children's Medical Center of Dayton.

Geared toward youngsters, ages 6-16, the program is not about teaching gymnastics skills, but using gymnastics to help kids become more physically fit, as well as learn about a well-balanced diet. The culmination of the program is voluntary participation in raising funds for Children's Miracle Network. Since 2001, the USA Gymnastics family has raised a total of more than \$816,000, and the goal is to increase that total number to \$1 million by the end of 2008.

Tyson Fitness Challenge Open House Event  
at KIDS Are TOPS Sports Center  
7644 Paragon Road, Centerville, OH 45459  
Saturday, August 16, 2008, 2-5 pm

The Tyson Fitness Challenge is being held by gymnastics clubs across the country between March 1 and Sept. 13, 2008, which is National Gymnastics Day. The program encourages physical fitness through fun activities that emphasize four fundamentals of fitness: cardiovascular exercise, strength training, flexibility and nutrition.

Nutrition is a key element in any fitness plan, and protein, like that found in Tyson products, is an important part of any well-balanced diet because it delivers the necessary nutrition for strength and endurance.

### **About Children's Miracle Network**

Children's Miracle Network—the alliance of premier hospitals for children—is a non-profit organization dedicated to saving and improving the lives of children by raising funds for children's hospitals across North America. Each year the 170 Children's Miracle Network hospitals provide the finest medical care, life-saving research and preventative education to help millions of kids overcome diseases and injuries of every kind. For more information on Children's Miracle Network visit [www.childrensmiraclenetwork.org](http://www.childrensmiraclenetwork.org).

### **About USA Gymnastics**

Based in Indianapolis, USA Gymnastics is the national governing body for gymnastics in the United States. Its mission is to encourage participation and the pursuit of excellence in the sport. Its disciplines include men's and women's artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, acrobatic gymnastics. For more information, log on to [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

### **About KIDS Are TOPS Sports Center**

TOPS Gymnastics Club, Inc. has been serving the greater Dayton area since 1981 under the ownership of Gary & Debbie Gantz and their daughter, Dawn Malacos. TOPS goal as a professional sports and performing arts center is not only to develop students to their full potential, but through their staff of dedicated and trained professionals - give them care and a good example to follow as they grow both physically and mentally. KIDS Are TOPS Sports Center features top quality instruction for children in gymnastics, swimming, cheerleading, dance, karate, music and more! KIDS Are TOPS is located in a beautiful 40,000 sq. ft. sports center at 7644 Paragon Road just north of St. Rt. 725 between I-675 and downtown Centerville. For more information, please contact: Dan DeClark, 937-286-1366, [dan.d@kidsaretops.com](mailto:dan.d@kidsaretops.com) or log onto [www.kidsaretops.com](http://www.kidsaretops.com).

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