



**USA GYMNASTICS®**

Did you know that nationally **ONE of every THREE** children is obese? The numbers here in Minnesota aren't much better. At Gym-Nation we are all about helping your child make a good start on the path to a healthy and active lifestyle.

We are proud of our long relationship with USA Gymnastics. USAG is **THE** governing body throughout the United States. They develop standard curriculum for **ALL** types and levels of American gymnasts.

Gymnastics provides the fundamentals that translate into **EVERY OTHER SPORT** or activity. **Strength, Coordination, Flexibility, Confidence and Decision Making** skills are all developed in gymnastics.

We all want the best for our child so *WHY NOT give them opportunity to get stronger and develop confidence?* Whether your child chooses to stay in gymnastics or move to another activity....**GYMNASTICS** at Gym-Nation will provide your child with the foundation to succeed!

---