



## AlphaBEST Fitness Bootcamp



Get ready to Get FIT and Have FUN the AlphaBEST way! Nutrition, fitness, and exercise should be a part of everyone's daily life. AlphaBEST Fitness Bootcamp provides an outlet for students to participate in a regiment of fitness and fun. Each day provides a different workout with exciting and innovative activities for fitness.

Burpees, sit-ups, and push-ups here we come! AlphaBEST Bootcamp focuses on nutrition facts, increasing energy and confidence, building core strength, and teaching children how to fuel their bodies more efficiently in order to help combat childhood obesity.