

on Common Ground NEWS

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Scenes of Summer

Saturday, 01 June, 2013. 23:06:51

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On Your Mark, Get Set, Go!

Friday, 31 May 2013 09:18 | Written by Joshua Smith

Local program looks to fight obesity, improve youths' skills

Take your performance to the next level by training in the O.Y.M. FITNESS, SPEED & AGILITY PROGRAM



Monica Jefferson is on a mission to end childhood obesity in Georgia.

With the program On Your Mark Athletics, Jefferson and Program Director Ken Dicks are taking the condition that has affected so many youths, head on with speed training, plyometrics, core workouts, proper balance and injury prevention services.

“The U. S. Centers of Disease Control and Prevention reports that Georgia is second in the nation for childhood obesity. Reports indicate that in the DeKalb County School System, 13 percent of students are obese. Now more than ever, our community needs this service,” said Coach Dicks. “We started in March of this year and the overall goal has been the same all the way through: to fight childhood obesity and get our youth in shape for a better future. Healthy youth makes for a healthy community.”

Dicks says On Your Mark Athletics, was created and designed to offer a unique fitness program to youths ages 6-11 and 12-18. The program encompasses numerous techniques for increasing stamina, strength, mobility, speed, power, agility and mental toughness.

What's Trending

City of Decatur has 60 tons of sand for citywide beach party. The City of Decatur will host a citywide summer beach party on Friday, June 14, 5 – 11 p.m., on the Decatur Square, 101 East Court Street, Decatur. [Read More](#)

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