

DNA FITNESS AFTER SCHOOL PROGRAM



***HEALTHY KIDS...BETTER
GRADES...BETTER LIFE***

**Help Students
"Get Fit"**

The program incorporates physical activity and nutrition into after-school programming. Our after-school Programs are well-structured to address health, physical activities, and nutrition issues. Our target groups are high school students throughout the county. DNA Fitness trainers will provide the proper guidance in completing set health, nutrition and physical fitness goals.

- × **"Fit Club" Runners**
- × **Boot Camp**
- × **Speed/Agility**
- × **Kick Boxing**
- × **Yoga**
- × **Hiking**
- × **Pilates**
- × **Nutrition Activities**



Debbie and Anthony Taylor founded DNA Fitness, a non-profit organization, in response to the obesity epidemic among children and youth.

Debbie is a certified Fitness and Aerobic Trainer. She has over 10 of experience in sports fitness, yoga, core training, spin, pilates. She has completed the San Diego Triple Crown Marathon series. Deborah currently runs fitness Boot Camps through DNA fitness.

Anthony is a Deputy Probation Officer with the County of San Diego. He is a former professional basketball player in Argentina. He coached college basketball at California Baptist University and professionally in Germany. Anthony is a current member of the NCAA coaching association

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