



# **Teen/Youth Weight Training Orientation**



**The Teen/Youth Weight Training Orientation program provides teenaged military dependants at 15 Wing Moose Jaw an opportunity to increase their knowledge and interest regarding the benefits of leading a physically active lifestyle. Individuals enrolled in this program will gain a working knowledge of proper resistance training techniques, cardiovascular training options and intensities, as well as the importance of core strength and flexibility training.**

**The orientation is administered by a qualified PSP Fitness Staff member.**