



Welcome to FIT KIDS.

My name is Patrick West. I am the owner of HI-TEST Fitness as well as a Certified Personal Trainer. HI-TEST Fitness is dedicated to the youth of Methuen, boys and girls ages 5 to 18. Whether it's training an athlete for competition or building a child's self-esteem, we're committed to working with the student and their parents. Our goal is to educate both the child and their families about the basics of general health and wellness.

By using motivation, smart training and all around fun, we will help the student set realistic goals and achieve their full potential. We will provide:

- Safe training instruction to achieve goals and avoid injury
- Group conditioning
- Balance and Agility
- Education on the basics of good nutrition/eating habits

As you may or may not be aware, our youth have become less active than past generations, largely due to video games, television and computers. Thus, resulting in a rise of childhood obesity and sedentary lifestyles. I would like to do my part in bringing general health and wellness to our community.

I have developed a variety of youth fitness programs and activities that are fun, motivating and will hopefully help build self – confidence. All of these programs are designed to be Non-Competitive and Non-Team oriented. My goal is to get involved in our community.

We look forward to working with Methuen students and their families to achieve a happy and healthy lifestyle.

Spring and Summer programs are being developed. Visit us again for more information.