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# Kids learn the right steps to health

BY JOYCE SHELBY

Vincent Ferguson — a personal trainer, fitness consultant and author from East Flatbush — also is concerned about children gaining too much weight.

He recently oversaw the Children's Sports and Fitness Expo at St. Francis College in Brooklyn Heights.

"There's no need for kids to be obese, but 43% of New York City's children are. It doesn't have to be that way," said Ferguson, of Body Sculpt of New York ([www.bodysculpt.org](http://www.bodysculpt.org)).

More than 2,000 children turned out for the fitness expo, which included consultations with nutritionists, health screenings and more than 20 different activities.

Some, like dancing and hula hooping, were already kid favorites. Others, such as fencing and archery, were not as familiar.

Sade Lewis, 12, said among the new sports she tried, fencing was her favorite.

"It was different — and fun. I had always wanted to try it," said Sade, a seventh-grader from Bedford-Stuyvesant. "Golf was fun, too, but it was hard to get it right. I missed the ball quite a few times."

Ferguson said he was delighted by the turnout for the expo and plans more for Brooklyn.