



1-888-746-3539

Flexercise for Kids is a community based fitness program designed to bridge the gap between physical education and academics. The Flexercise for Kids fitness course will keep the child physically fit and decrease the likelihood of juvenile diabetes and childhood obesity by creating a movement environment conducive to learning.

Benefits:

1. Character building/self esteem **8 Pillars of Character**
 - *Respect, Fairness, Trustworthiness, Caring, Citizenship, Responsibility, Honesty, Integrity.*
2. Leadership skills
 - *Provide opportunities to lead and demonstrate exercises*
3. Motor Control and Learning
 - *Enhance movement skills such as skipping, galloping, shuffling, and change of direction.*
4. Positive learning environment
 - *Students are encouraged to do their best at all times.*
5. Core stability
 - *Exercises of the Power Training Course enhance core strength*
6. Fitness game activities
 - *Incorporates fun into fitness by adding a variety of popular games.*
7. Social skills/interactions
 - *Builds teamwork camaraderie through fitness activities*
8. Cognitive Development
 - *Students will learn why physical activity is important to their overall health*
9. Affective learning
 - *The students will feel good about exercise after class.*
10. Structured discipline activity
 - *The program is designed to give students opportunities to build their cardiovascular, muscular fitness levels.*

Why choose the Flexercise for Kids fitness program?

1. Can be performed indoors/outdoors
2. Can be broken up into two 20 minute components
3. Easy to administer
4. Provides a perfect blend of structured fitness and games
5. Requires very little prep time
6. Does not require a lot of equipment
7. Does not require instructors to be athletically inclined
8. Annual follow-up support