



MISSION STATEMENT

FLEXERCISE FOR KIDS IS A COMMUNITY BASED FITNESS PROGRAM THAT IS DESIGNED TO BRIDGE THE GAP BETWEEN PHYSICAL EDUCATION AND ACADEMICS. WE PROVIDE A STRUCTURED, DISCIPLINED FITNESS PROGRAM FOR SCHOOL AGED CHILDREN IN EDUCATIONAL FACILITIES AND AFTER-SCHOOL PROGRAMS.

VISION STATEMENT

WE ENVISION PHYSICALLY FIT CHILDREN WHO ARE ABLE TO PERFORM DAILY ACTIVITIES AND A REDUCTION IN THE OCCURANCE OF JUVENILE DIABETES AND CHILDHOOD OBESITY.

VALUE STATEMENT

WE VALUE THE HUMAN BODY AS THE TEMPLE OF GOD. FLEXERCISE FOR KIDS IS BUILT UPON THE PRINCIPLE OF A STRONG MIND, A STRONG BODY, AND A STRONG SPIRIT.