



The Fabulously Fun Fitness Program for Kids!

- ❖ *EXERCISING* classes are taught by a certified Youth Fitness Instructor onsite at your childcare!
- ❖ We offer a 9 month learning curriculum focusing on **Educating, Motivating and Creating, Happier Healthier kids!** We learn about our bodies and how to keep them healthy!
- ❖ Age-appropriate exercises are incorporated into fun songs and stories, which make it fun and easy to remember and therefore easy to repeat and do at home.
- ❖ Each 40 minute class is complete with a warm-up, cardiovascular and strength training, and cool-down.
- ❖ A discussion on wellness topics such as nutrition, hygiene, and safety is an important part of every class.
- ❖ Weekly handouts and monthly newsletters keep parents involved.
- ❖ **Affordable at only \$40.00 per class (20 kids maximum per class)**
- ❖ **Our Goal is to lay the foundation for a lifetime of exercise and fitness habits which will result in good health. Children will learn that maintaining a healthy lifestyles requires:**
 - ★ Daily Exercise
 - ★ Proper Amount of Sleep
 - ★ Good Nutrition
 - ★ Have a Great Attitude
 - ★ Good Hygiene

❖ Here's what others say about Stretch-n-Grow...

"Thank you-the class was wonderful! I love how you had various activities that kept the kids' attention well. I know they love music and movement and they learned at the same time. As a parent I try to stress the importance of wellness, health, safety, etc. but to hear things like wearing sunscreen and helmets and stopping at stop signs from another adult will hopefully reinforce those important concepts even more. I also thought it was great how there were some things that were more cardio, some stretching, core exercises, etc. Getting them excited about exercise and wellness is fantastic, as a care provider and parent I do worry about childhood obesity/overall health. I know this program would be fantastic for all of them!" (Childcare Provider- Kim Schnitzler, Farmington MN)

Check us out at: www.stretchngrow4kids.com or get a glimpse at: <https://vimeo.com/47517430>

For More Information Contact: Anna Gaffaney
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