



WHY EXERCISE---

All ages can benefit from regular exercise. Children who are active will:

- Have strong muscles and bones
- Be less likely to become overweight
- Have a better outlook on life
- Have improved attention spans
- Boost their self esteem
- Reduce stress
- Show increased academic performance

Eye opening statistics support the need for physical activity at the preschool level.

- For the first time in 100 years, today's children have a lower life expectancy than their parents due to obesity and sedentary lifestyles (World Health Organization)
- 40% of elementary kids already display at least one heart disease risk factors i.e. high cholesterol, high blood sugar, high blood pressure (American Heart Association)
- 85% of 5 year olds cannot pass a basic physical fitness test (Senate Committee on Children)

The National Association for Sport and Physical Education recommends that toddlers accumulate at least 30 minutes of daily structured physical activity, and preschoolers at least 60 minutes, along with several hours of unstructured physical activity. Stretch-n-Grow helps parents and child care providers meet those standards.

WHY CHOOSE STRETCH-N-GROW---

Stretch-n-Grow is the world's largest network of children's fitness professionals who, each week, teach over one hundred thousand children in hundreds of cities across 15 countries to "Exercise and Eat What's Wise!" Our Fabulously Fun Fitness classes are taught by a Certified Youth Fitness Instructor onsite at your childcare facility. Age-appropriate exercises are incorporated into silly songs and stories, which make it fun and easy to remember and therefore easily carried over from school to home, present to future. Workouts include a warm-up, cardiovascular and strength training, cool-down, and lots of FUN! All children are active and involved throughout the entire class.

Stretch-n-Grow makes exercising EXERCiting!