Dear School District of Palm Beach County Principals and Physical Education Teachers:

We are proud and honored to offer you the **Good to Go Gang** **FREE** animated exercise program aimed at assisting our children in PreK to 5th grades in order to help them understand the importance of maintaining healthy eating habits combined with daily exercises, as they grow into young healthy adults.

Dr. David L. Katz highly recommends the **Good to Go Gang** animated exercise library which will soon consist of a series of five thirty-minute videos or 150 minutes of fun filled action as the good to go gang leads the children through several different exercises while adding story lines throughout the process as well, which make it much more entertaining for the little ones. By signing up at the link below you will receive these valuable videos.

Once the complete set of animated exercise videos are completed, we can use them when all children are back in schools which will assist us in meeting the federal mandates of 150 minutes of exercise each week for our children, or while they are at home through virtual learning which will give them and their parents a well-deserved break, all the while building an even stronger relationship with their parents if they choose to join in as well

Once you go to the link below you will see a very short video of Dr. Katz asking parents, schools, and any organization that wish to teach their children a heathier lifestyle by encouraging the sign up for this **FREE** **Good to Go Gang** program. Presently, the **Good to Go Gang** animated exercise program is currently being used in schools in over 30 states and we are welcoming more participation at all times.

We are encouraging and inviting The School District of Palm Beach County to sign up as well, and enjoy this FREE gift from the **Good to Go Gang,** to share these lessons with your children to eat right and exercise, while having fun!

Please click the link for the **FREE** sign up at **http://signup.goodtogogang.org/**

Thank you all for your interest and participation.

Sincerely,

Michael Evante

Michael Evante, Founder/CEO, Good to Go Gang