



**SCIENTIFICALLY DESIGNED.
CURRICULUM-THEMED.
RESULTS-BASED!**

Activity Works integrates 12-minute exercise bursts with core curriculum for elementary classrooms. Scientifically developed, this plug-and-play program is used to maximize academic performance, combat obesity and meet state mandates for physical education.



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For more information, please contact us:

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CROSS-CURRICULAR, STANDARDS-BASED ACTIVITY BURSTS

How it Works

Activity Works is an educational program that enhances core curriculum content and stimulates metabolism through multi-sensory, aerobic exercise. This plug and play media-based program is designed for grades 1-3. The first edition multi-subject kit includes 20, twelve-minute multi-sensory activity adventures supported by 40 Lesson Plans. All lessons are aligned to standards across the curriculum. Each activity segment incorporates age-appropriate exercise and movement, validated by experts for safety and effectiveness. Material covered in each Activity Works segment reinforces lessons taught by the classroom teacher while the exercises raise and lower students' heartbeats in a healthy and effective way leaving them refreshed and ready to learn.

In addition, Activity Works' Kinetic Protocol provides a reliable "brain break" anytime, anywhere, simply by standing and moving to the clear, engaging, active storyline.

Gets Kids Moving: Physical activity and physical education minutes add up during short, guided classroom adventures.

Why it Works

Activity Works was initially created through the collaborative efforts of North Shore-LIJ Health System, educators and community advocates to assist schools in pursuing three critical health and education objectives simultaneously:

1. Foster academic improvement: Multiple research studies have shown that fit students perform better on many forms of academic assessment.
2. Reduce childhood obesity: Increasing metabolism and burning calories is part of the solution.
3. Close the Physical Education Gap: Getting an additional 60-100 minutes of physical activity into each week by integrating physical education and classroom practice.



Order by November 30, 2014
and get

80% OFF

Regular price \$5000 a year per school. Order by Nov. 30, 2014 and get it for only \$999.



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