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EXERCISE BREAKS™
in the classroom 

6 Lisa Lane Bristol, RI 02809



EXERCISE BREAKS™
in the classroom 

Helps kids get the wiggles out
so they're more available to learn!

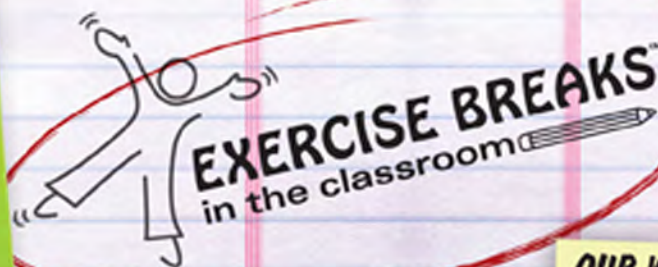
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PSSST! WANNA KNOW THE SECRET?
To higher academic achievement, better student
behavior and keeping kids focused?

WHAT ARE EXERCISE BREAKS IN THE CLASSROOM™?

- 3-10 minutes of physical activity, done right in the K-8 classroom
- Done during natural transition times in the classroom
- Led by the teacher or student leader



OUR BENEFITS:

- Provides a way for students to "get the wiggles out" so they're more available to learn
- Improves academic performance*
- Provides an outlet to ensure positive behavior
- Helps "reset" the brain when a child gets "stuck"
- Keeps kids more focused
- Shows kids that learning involves the whole body, not just the head
- Improves overall health of students

* The President's Council on Physical Fitness and Sports Newsletter, Fall 2008

OUR WORKSHOPS:

Our hands-on workshops are the best way to get started with the Exercise Breaks in the Classroom™ Program! See www.exercisebreaksplus.com for complete details.

- Fabulous Faculty Workshop: perfect for a faculty meeting, includes Workshop Starter Kits for 12 teachers.
- Sensational Student Workshop: students learn the exercise routines in 45-minute assemblies.
- Fantastic Family Fun and Fit Night: fun for the whole family!
- Cooperative Classroom Workshop: 4 hours, right in your classrooms.
- Perfect Parent Workshop: terrific for a PTO mtg or Open House.
- Dynamite Deluxe Workshop: 3 workshops for 1 low price.

A FEW OF OUR PRODUCTS:



- Documentary-style DVD

• Teacher Resource Guide



• 24"x36" Classroom Posters

Starter Kits available!

OUR STORY:

The owner, Bobbi Jarvis (a certified group exercise instructor, toy designer and mom), started the Exercise Breaks in the Classroom™ program several years ago in collaboration with the Bristol-Warren Regional School District in RI. Seeing a need for her own children to get up and move more during the school day, she brainstormed with lots of eager teachers and students to come up with fun, easy-to-do exercise routines for the K-8 classroom. The program was quickly adopted by Rockwell School and then soon after by the other elementary schools in the Bristol-Warren district. Today students are "getting the wiggles out" with our fabulous program in hundreds of classrooms throughout the country!

Check our website www.exercisebreaksplus.com for all of our fun, easy-to-do, user-friendly classroom materials!

Lots of posters to choose from!