



FOR IMMEDIATE RELEASE

SARITA’S DANCE STUDIO SPONSORS LEADING HEALTH AND EDUCATION PROGRAM FOR CHILDREN FOR HARLANDALE ISD

All elementary teachers can now access program at no-cost through end of school year to fight childhood obesity.

(San Antonio, TX – April 20, 2017) – Adventure to Fitness is proud to announce [Sarita’s Dance Studio, Inc.](#) as a sponsor for Harlandale ISD elementary schools. Their sponsorship will allow all elementary teachers in HISD to receive free full access through the end of the school year through the start of the 2017-2018 school year to the Adventure to Fitness program – an interactive online physical activity and learning program teachers use in their classroom for indoor recess, brain breaks, energizers, to combat childhood obesity, and also to aid teachers with their daily curriculum requirements and support academic achievement.

Owner/Director of Sarita’s Dance Studio, Inc., Sarita Zúñiga has been in the dance and fitness field for over 50 years having taught aerobics, dance, and wellness classes throughout San Antonio at places such as Brook AFB, Kelly AFB, Lackland AFB, University of Incarnate Word and more. At Sarita’s Dance Studio, they believe that their success comes as a result of providing solid training and quality service, along with the belief that every child should experience dance and fitness in a positive and encouraging atmosphere – even outside of the dance studio.

“Through this generous sponsorship with Sarita’s Dance Studio, Adventure to Fitness will be provided at no cost to all HISD elementary teachers,” said Adventure to Fitness director Deni Conkell. “The best thing about the program is that it is a great way to get kids excited about fitness, promote positive behavior, and seamlessly reinforce concepts already being taught in the classroom.”

Anyone with elementary school children knows that it’s hard to incorporate physical activity and education about healthy lifestyles in a way that’s fun for kids. Between crowded facilities, lack of adequate space, and little resources, it’s hard for teachers and schools to fight the growth of childhood obesity in our nation. This is particularly challenging in urban areas such as HISD, where rates of childhood obesity can be significantly higher than national averages. Sarita’s Dance Studio has decided to take an “out-of-the-box” approach to help Adventure to Fitness tackle this issue where students spend most of their time – in the classroom.

“Any school or teacher can access Adventure to Fitness,” said Conkell. “The unique thing about this exciting sponsorship with Sarita’s is that all elementary teachers in HISD will be able to access the full version of Adventure to Fitness which includes over 90 physical activity videos and over 350 enrichment materials that get kids moving and excited about health and fitness. Most importantly, our collaboration with Sarita’s will assist in the fight against childhood obesity and make a positive and long-term impact on the local community.”

For more information on how your business can support your local school district through an Adventure to Fitness sponsorship, please contact deni.conkell@adventuretofitness.com.

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[Adventure to Fitness](#) is the nation’s most powerful physical activity program for kids. Currently used in over 25,000 schools worldwide, Adventure to Fitness seeks to inspire kids to lead healthy lifestyles through imagination, education, and movement.