

ADVENTURE TO FITNESS



60% PROFITS

Each week long **Adventure To Fitness** series teaches children to build a healthy lifestyle through interactive adventures. Our 10 min a day exercise and education programs are designed to fit nicely into existing school schedules while actively engaging students. Adventure Guide Mr. Marc takes children on virtual interactive journeys exploring the wonders, and escaping from the dangers, of the world. Mr. Marc, Chef Devin, Professor Maddison and other fun characters interact with students using a variety of cognitive, behavioral and effective techniques to help them make sustainable healthy lifestyle choices, right from the safety of their classroom. The learning continues as children, parents and teachers visit our on line interactive map and resource portal, to engage in fun, health oriented activities, to be used in the classroom and at home.

Our Adventure to Fitness Series is as easy as 1, 2, 3

1.

With the flip of a switch our assembly comes to the students on their classroom TV. Disrupting school for a 60 minute assembly is not practical, which is why we created this exciting 4 minute assembly DVD.



2.

What better way to promote excitement than with a movie trailer! Our daily 2 minute adventure trailers motivate children all week long to reach their sponsorship levels while at the same time preparing them for their upcoming adventure.



3.

Get ready to experience the adventure of a lifetime. Why do boring exercises when you can run from wild animals or jump over falling rocks? Each daily 10 minute segment is packed with physical exercise, nutritional guidance, and geographical education creating experiences children will race home to share.



Today's assignment.
Find a Healthy Fundraiser!

YES NO

Walk-a-thons, Run-a-thons, etc...

- X High upfront costs**
- X Is one day of laps healthy?**
- X Only teaches kids to raise money**

YES NO

Wrapping paper, candles, coupon books, etc...

- X Not unhealthy, but not healthy**
- X Unwanted products**
- X Over priced**
- X Labor intensive – storage & distribution**

YES NO

Cookie dough, candy bars, cakes, etc... Seriously?

YES NO

Adventure To Fitness

- ✓ 60% profit**
- ✓ Free**
- ✓ Educational**
- ✓ Easy to run**
- ✓ Nothing to sell, store or deliver**
- ✓ Fights childhood obesity**
- ✓ Customized webpage for every child**
- ✓ A true healthy fundraiser**

Did You Hear the News?



"We are pleased to support this action-oriented program with nutrition education, resources and incentives to make positive and lasting changes in the lives of today's youth" said Jenifer W. Sills, Registered Dietitian for the Dairy council of Florida



Adventure to Fitness provides its expertise in youth programs, education and technology and its proven experience in developing programs with measurable results that are helping to solve critical needs such as childhood obesity, meeting the schools' physical fitness requirements, and helping schools raise money they so desperately need.



Program Teaches Florida Kids to Choose a Healthy Lifestyle in an Entertaining Way! In light of the fact that kids today are nuts about Playstation, Wii, and IM, why not try to meet them on their level and then elevate them?

www.AdventureToFitness.com

*America's
Healthy Fundraiser*