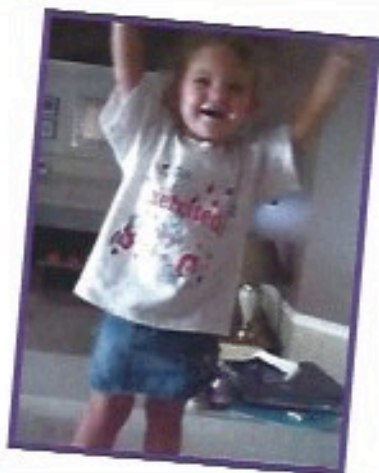


# Kids Love Stretch-n-Grow!



## What is Stretch-n-Grow?

Stretch-n-Grow is a super fun, energetic fitness class designed to improve motor skills, coordination and each child's level of fitness.

Stretch-n-Grow is a fitness and nutrition program designed specifically for children. We teach the children the importance of exercise and eating healthy and how we can have a Happy Healthy Heart!

We make fitness fun by incorporating fun themes into our lessons such as pirates, superheroes, jungle adventures and much more! While teaching them proper exercise technique, motor skill development, sport readiness, strengthening and endurance the kids are having a blast! We also bring in new equipment each week such as balls, parachutes, tunnels, hoops and more to focus on specific motor development. The kids learn to exercise and have fun doing it! Our goal is to improve the health and wellness of each child and to set them in a habit of staying healthy by becoming healthy adults.



Stretch-n-Grow, which originated in Galveston, Texas in 1992, has expanded to over 1,000 cities across The United States, Canada, Puerto Rico, Guatemala, England, Ireland, Spain, Portugal, Australia, New Zealand, Manila, Indonesia, Hong Kong and Africa! After an intense study and the discovery of alarming statistics concerning the health status of American's young children, the founders of Stretch-n-Grow set out on their mission to change the course for children everywhere. Millions of children have participated in Stretch-n-Grow!



Sign up today!

