

**FIZIKA PARTNER**



## ***Build On the Power of Positive Energy!***

Become a health leader in your school by promoting physical activity and health & fitness learning throughout the school day. Fit Bits are short activities designed to get students up and moving in the classroom — helping them to burn off excess energy, jump-start their attention spans and get the recommended daily physical activity.



### **GET KIDS MOVING!**

Activities designed for use in K-5 classrooms take 7-10 minutes and get students up and moving for brief classroom breaks.

### **NUTRITION THEMES**

Nutrition activities in each grade cover food variety, fruits & vegetables, healthy snacks and food safety.

### **PERSONAL/SOCIAL THEMES**

Messages reinforce themes such as respect for others, compassion, self-control, responsibility and cooperation.

### **ANIMATION & MUSIC CD**

A CD included with each book includes animations and music to accompany activities. Training DVD also available.



*“... a phenomenal way to have children move within the classroom in a very short, structured period of time. Ten minutes of interaction and movement can change the entire learning environment and settle the children so they can listen better and learn better.”*

**Elementary Principal  
Michigan**

**Ask us** how to customize a package tailored to your needs and budget.  
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**Fizika Group, LLC**  
**[www.fizikagroup.com](http://www.fizikagroup.com)**

**Fi.zi.ka**<sup>®</sup>  
POSITIVE ENERGY<sup>SM</sup>

## FIT BITS

**Designed by classroom teachers for classroom teachers.**

Fit Bits activities have a positive impact on the classroom, fostering a learning environment in which children are able to settle down, and to listen better and learn better.



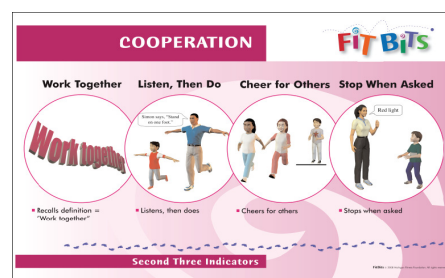
*Each book includes 40 activities targeted at a single grade; 20 focus on nutrition messages and 20 focus on personal/social skills.*

*Colorful, durable posters reinforce concepts being taught.*

### Why incorporate physical activity into the classroom?

- Health and learning go hand in hand.
- Physical activity improves:
  - Concentration
  - Memory
  - Classroom behavior
  - Cognitive processing speed
- Physical activity increases blood flow to the brain and promotes growth and development of new cells in areas of the brain responsible for planning, reasoning and some types of learning.
- “Soft skills” (such as best effort and respect for others) can be taught directly and benefit everyone in your school.
- Students who are more physically active and eat healthier diets miss less school, which means teachers spend less time bringing absent students up to speed.
- Many students suffer from overweight or obesity, and from the chronic diseases that go hand-in-hand with an inactive lifestyle and poor diet.
- Students whose opportunities for physical activity are restricted during the school day may actually be less active during after-school hours than students who move more during the day.
- Many students get more exercise during structured physical activity breaks in the classroom than during recess.
- By incorporating physical activity into the classroom, teachers can help students achieve the recommended amount of daily physical activity, putting students on a long road to wellness.

Description	Book & CD	Book, CD & Posters
Kindergarten	\$50	\$80
Grade One	\$50	\$80
Grade Two	\$50	\$80
Grade Three	\$50	\$80
Grade Four	\$50	\$80
Grade Five	\$50	\$80
All Grades (K-5)	\$280	\$455
Fruit & Veggie Aids	\$72	
Fit Bits Training DVD	\$25	



***EPEC is an easy-to-use, award-winning physical education curriculum aligned with NASPE standards. EPEC teaches students the knowledge and skills and fosters the competence and confidence they need to enjoy physical activity for a lifetime.***