



Each child's body is his/her most important learning tool.

Welcome to Alphabet Fitness® for Kids

Alphabet Fitness® is a *large* muscle, alphabet learning system specifically designed for the way young children learn best – through playful movement. Children of all levels of motor abilities learn to use the ABCs & 123s as playful tools for fitness, as well as communication.

Why today's kids need to exercise the Alphabet

- For centuries, the basic tools used for communication and instruction have been alphabets. Alphabets, however, are primarily audio-visual, *fine-motor** tools and their use requires **minimal** bodily movement. They were created to be used by and for physically mature adults, not actively growing children.
- The premature development of *fine-motor* alphabet skills can cause a child's natural learning approach to shift from a full body, *gross-motor* integrated experience to an *unnatural*, more highly specialized, *fine-motor*, *audio-visual* experience. In doing so, the child's brain development becomes increasingly linked to its body's development, along with its needs & behaviors, in a similarly *unnatural* way. Exercising Alphabet Fitness' gross-motor alphabet letters prior to fine-motor alphabet skills helps maintain the child's natural way of learning, which, in turn, helps to minimize the development of potentially imbalanced neuromuscular growth and its long-term domino effect on the growing child.
* (*fine-motor* = small muscles; *gross-motor* = large muscles)

Added benefits

- Children today need to move more, not less, in order to release the excess buildup of body toxins from their environments and from social stressors. Repetitive, emotionally negative and fearful language (be it at home, school, playground; on radio, TV, games; spoken in English, French, Spanish, Chinese, Hebrew, Japanese, etc.) generates muscle tensions and related chemical stress buildup. Alphabet Fitness' playful WorkOuts help release/prevent stress toxicity buildup in the child's muscles. Its active learning format enables each child to experience an integrated brain-body approach to learning & wellness.
- Improved respiration, circulation, brain-body agility, and stress self-management helps prevent stress related disorders and diseases, including obesity, illiteracy, depression and other motor related disabilities. Sign language is increasingly recognized as a more dynamic tool for opening up the world of communication between non-verbal children and verbal adults. Alphabet Fitness provides an added dimension by promoting healthy growth and intelligence through its gross-motor language activities.

Our hands & feet approach to early language learning lets fun, kinesthetic fonts help kids put the alphabet into action!

- Like athletes, kids build language-linked 'muscle memory' through whole bodied, repetitive letter movements.

AF Programs align with School Wellness Policy Mandates,
Physical Fitness & Language Arts Frameworks, & UN Art. 31 Child's Right to Play.

Suggested Readings: Smart Moves by Carla Hannaford; Your Maximum Mind by Dr. Herbert Benson;
The Spell of the Sensuous by David Abrams; Animals in Translation by Dr. Temple Grandin;
Keeping Together in Time by William H. McNeill

For more information log onto www.AlphabetFitness.org

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