

**Curriculum Vitae  
KAREN VOGHT**

60 Longwood Ave  
Brookline, MA 02446  
kvoght@alphabetfitness.org  
kv@wellnessconsultation.org

www.AlphabetFitness.org

617-784-5999

**Founder / CEO, WELLNESS, INC.**

Karen Voght is the author of the *Kids' Wellness Guide*, the *Alphabet Fitness Guide*, and founder of Wellness, Inc. Wellness, Inc. is a Boston, MA company which focuses on translating key scientific research findings into constructive innovations for the prevention of childhood obesity, illiteracy and other stress related childhood disorders by designing curricula and games that promote *movement-linked learning*. Wellness' programs align with 2006 Wellness Policy Mandates; State & National Frameworks for Language Arts, Physical Fitness & Early Childhood Education; and UN Article 31, Rights of the Child. (1995-present). Wellness, Inc.'s Alphabet Fitness® activities and E-Trainings are posted on the company's website, [www.alphabetfitness.org](http://www.alphabetfitness.org) with the potential for enabling preschool – Kindergarten children to participate in the President's Challenge PALA Awards, Alphabet Fun Runs, and for educators to earn Professional Development Units and CEUs.

Karen is the Literacy & Fitness Consultant for the Boston Rotary ([www.BostonRotary.org](http://www.BostonRotary.org)) and has had the honor to receive the Zone's District Literacy Award 2011, and to be chosen as a 2011-2012 MA Literacy Champion by The Boston Herald Foundation in partnership with Verizon [www.massliteracy.org](http://www.massliteracy.org). As an outreach program with Boston Rotary her Alphabet Dice games are now being distributed globally through ShelterBox, UK in their Kids' Education Kits for young refugee children victimized by natural and man-made economic and social disasters.

Activities and services of Wellness, Inc., include:  
**PUBLICATIONS/ EDUCATIONAL FITNESS TOOLS**

***The Kids' Wellness Guide: How well they learn; How well they feel.*** Wellness, Inc., 1998

***Alphabet Fitness: Kids Exercise their way into Literacy.*** A kinesthetic literacy-fitness guide for Childcare Professionals, Educators, Parents, Fitness Instructors, and Therapists - fundamental to Each child's developing health, literacy and socialization skills. Wellness, Inc., 2000

***Chimp Shakespeare Helps Kids Read: Getting kids' bodies reading-ready.*** Wellness, Inc., 2005

***Miss Spells Introduces Matt & Emily:*** Alphabet Fitness Activity Book for Teachers of Children. Wellness, Inc., 2005

**Educational-Fitness Products/ Tools:**

***Fitness Fonts:*** AlphabeTykes®, Professor Alphabet®, Chimpanese®, Miss Spells®, Alphabet Athletes®, Akiddo Kids®

**Educational-fitness Games:** Alphabet WorkOut™ curriculum, mats and charts; Dicewrite® Books and Board Games; Chimp Shakespeare's® Alphabet Yoga DVD/CD; Chimp Chatter CD; The SpellChecker® vs the Chimps CD; SpellChecker®-Basketball CD; Dicercise® products and Alphabet Fitness Training series of CDs.

### **PARTNERSHIPS & PROJECTS**

**Mass Literacy Champion 2011-2012: Mass Literacy Foundation -Boston Herald/Verizon**

**ROTARY CLUB OF BOSTON: Literacy & Fitness Chair/ UN Liaison/Vocational Services Director. Free Alphabet Fitness® curriculum download for educators of at-risk children at [www.BostonRotary.org](http://www.BostonRotary.org) (non-commercial use); 2013: Donated 5,000 Alphabet Yoga Dice games to ShelterBox.org (UK) for their Children's Educational Kits distributed globally to children victimized by ecological and manmade disasters..**

**JUMPSTART: Alphabet Fitness WorkOuts for at Risk children; NE Regional Site Manager training 8-2011**

**MassAEYC** (MA Association for the Education of Young Children)

CEU: *Alphabet Fitness 101: A Kinesthetic Alphabet for Early Language Learners & Children with Stress Related Learning Disorders\** (\*see appendix A)

**Educational-Fitness Trainings:** MassAEYC, EEC, & DESE approved On-line opportunities for educators to receive Professional Development Credits as well as for children to earn President's Challenge PALA Awards.

**Partner with the President's Challenge Physical Fitness & Sport PALA Award Program.**

This partnership provides universal access for young children, of all levels of motor skills, to use the ABCs as a fitness activity tool for Presidential Awards. 2005 – current

Wellness, Inc. has the honor of being one of four corporations to be listed as a Resource in the *President's Challenge 2007-2008 School Edition*.

(<https://www.presidentschallenge.org/about/advocates/current%20advocates.shtml> )

**Certificates/ Licensing Programs:** Early Childhood literacy-fitness Certificate (workshops introduce educators/ kids' fitness staff to the fundamentals of Alphabet Fitness)

**Massachusetts:** Roxbury YMCA, MA; Springfield YMCA; Boston's Chinatown YMCA; Boston Athletic Club; Jamaica Plain Head Start; Canton/Weymouth Clubs; Fitness Forever; Building Blocks Fitness Center, Dracut, MA; Brookline On the Move – Dept. of Health, Brookline; CCCB; ECC; and ESE.

**National:** Ed/research; Charlotte Learning Disability Summer Camp, NC; St. Bernadine's Head Start, Baltimore, MD; Jane Goodall Institute - Roots & Shoots Outreach Programs/ The School at Columbia University, NYC- 1<sup>st</sup> Alphabet Fitness Marathon Fun Run for Kindergartners

**International :** Negotiating Alphabet Fitness Licensing agreement with Wellness Center, Singapore to prepare children for the 2010 Singapore Youth Olympics Events

**RELATED PROFESSIONAL ACTIVITIES**  
**Journal Publications/ Articles**

Alphabet Fitness, 2007-2008 President's Council on Physical Fitness & Sports School Edition

Alphabet Fitness. 2006. President's Council on Physical Fitness & Sport: The First 50 Years.  
Pg 113 & 141.

Voght, K. 2005 *The Age of High Tech Has Created an Increased Need for Mutual Empathy Amongst All Primates*. Jane Goodall Institute's Chimpanzee Conference Proceedings: *Morality, Empathy, Reconciliation & Politics as Primate Social Tools*.

Voght, K. 2004 *Chimpanzee*. Jane Goodall Institute's Chimpanzee Conference Proceedings: *Social Harmony*. Pgs. 103-06

Voght, K. and Webman, B. 1999 ***Body-Mind Relaxation Training***: A Developmental Intervention for Inner-City Preschool Children - Establishing a state of learning readiness *Journal of Child and Youth Care Work*, Vol. 14 Pgs. 49 – 54.

**PROFESSIONAL PRESENTATIONS/ WORKSHOPS**

King County Library System, Vashon, WA Children's Programs: *Alphabet Fitness offers a unique, playful and fully embodied gross-motor approach for learning the alphabet in today's digital age*. April 9, 2014.

MassAEYC Annual Conference 2012: **R U Fit 2 Teach?** *Wellness, Inc. recognizes how important it is to help child care educators take care of themselves as well as their children*. Westford, MA. March 16-17, 2012

JUMPSTART, NE Site Manager Training: ***Benefits of Alphabet Fitness® Activities for Kids' Literacy***. Boston, MA, August 23, 2011

MassAEYC Annual Conference 2011: ***Body Illiteracy and the ABCs...Discovering how each child's health is influenced by the 26 letters of the alphabet***.

MassAEYC 2<sup>nd</sup> Annual FCC Conference: ***Kids' Wellness and the Genie inside Each Child***  
Discover the genie within children when their active imaginations 'physically' interact with their body's muscles! Learn how kinesthetic "Imagination WorkOuts" help kids self-regulate movement, feelings, learning, and behaviors. Westford, MA 2010

Boston Rotary Club: ***Alphabet Literacy***. Join Karen Voght, Founder of Wellness, Inc., and author of Alphabet Fitness for Kids®, for a thought-provoking conversation and presentation of her alphabet literacy program designed to be taught with our children's health in mind! March 31, 2010

MassAEYC Early Education and Care 6<sup>th</sup> Annual Conference: ***Changing the Face of Alphabet Education***. Westford, MA. 2010

Child Care Choices of Boston/EEC: ***Alphabet Fitness 101: A Physically Active, Wellness Approach To Teaching the ABCs & 123s.*** 1 CEU/10 PDPs. South Side Head Start, Roslindale, MA. 2010

CAYL Institute: National Principals Conference. A Conference For School Principals Serving Young Children From the Age of Three Through the Third Grade. Cambridge, MA. 2009

MASSAEYC 1<sup>st</sup> Annual Family Child Care Conference: ***YOGACISE, an Alphabet Exercise Program for Helping Children to Read, Write, Spell, and Grow Up Well.*** Westford, MA. 2009

F.I.T Conference: ***Chimp Shakespeare's® Alphabet Yoga.*** Roxbury, MA. 2009

MassAEYC Professional Development Conference, ***Alphabet Fitness: Linking Fitness to the ABCs.*** Westford, MA. 2009

Child Care Choices of Boston/EEC: ***YOGACISE: An Alphabet Exercise Program for Helping Children to Read, Write, Spell, and Grow Up Well.*** Roslindale, MA. 2009

Bridgewater State College, Master Dance Class: THEA/PHED 155. ***Cross-Training Dance & the ABCs.*** Bridgewater, MA. 2009

NAWWG-MT Professional Development Day: Formative and summative assessment as it relates to differentiated instruction. ***Alphabet Fitness 101: Implementing Kinesthetic Alphabet Education for Early Language Learners and Children with Communication Disabilities.*** PTs/OTs/SLPs. 6 PDPs. Gardner, MA. 2008

MAAEYC 4<sup>th</sup> Annual Conference: ***Alphabet Fitness, a Program Designed to Link Fun & Fitness to the ABCs.*** Westford, MA. 2008

Arts Equinox festival at Driscoll School, ***Chimp Shakespeare's Alphabet Yoga™ for Kids;*** Brookline, MA. 2007

NCAIS: North Carolina Association of Independent Schools Conference: ***Introducing Alphabet Fitness for Children.*** Charlotte, NC. 2006

Jane Goodall's Roots & Shoots Peace Day Events. ***Chimp Shakespeare's Alphabet Yoga for Kids.*** LA, California. 2006

Jane Goodall Institute Chimpanzee Conference: ***The age of high tech has created a need for mutual empathy amongst all primates.*** Selina, Kansas. 2005

Jane Goodall Institute Chimpanzee Conference: ***Chimpanese*** – A unique tool for great ape outreach and research: a computer alphabet font designed for chimps and children. Chicago, IL. 2004 (Copy requested for Kyoto University's Primate Research Library)

Wellness Conference: ***Alphabet Fitness Chi Gong for Kids,*** Stevens Pt., Wisconsin, 2003

Boston University's Graduate Guidance Counselor Students: ***Kids' Wellness/ Alphabet Fitness.*** Boston, MA. 2001

Wisconsin Guidance Counselor's Conference: *21<sup>st</sup> Century Brains Seek Playfully Educated Body Muscles*. (PreK-5). Stevens Point, WI. 2001

Wisconsin Guidance Counselor's Conference: *Kids' Wellness*. Stevens Point, WI. 2000

American Psychological Association. Poster Presentation: *Wellness, Inc.'s Body Mind Relaxation Intervention with Inner City Preschool Children*. Washington, D.C. Benjamin Webman, co-presenter. Washington, DC. August, 2000

1<sup>st</sup> and 2<sup>nd</sup> Annual YMCA Program Highlights. *Alphabet Fitness*. Waltham, MA. 1999 & 2000

Lesley College's Literacy and Learning Conference at the Hynes Convention Center. Alphabet Fitness - Vendor's Section, Boston. 11/29/1999

Future of Health Technology Summit, *The Future of Patient-Physician Relations*. MIT Media Lab, Cambridge, MA. 1998

Cross Cultural Consultants: Creativity, Spirituality, and the Arts 6<sup>th</sup> International Conference: *The World of ImaginAction: Creating Images and Behaviors for Healthy Development*. Prague, Czech Republic, St. Petersburg, Russia, and Vilnius, Lithuania. 1998

American Imagery Institute: *Imaginaction*. Marquette, IL. 1998 ; *Body-Mind Warmups*, 1997  
Project Connect: *ImaginAction*. Attleboro, MA. 1997

YMCA Child Care Symposium: *Becoming an Imagination Coach*. URI/ Providence, RI. 1997

Future of Health Technology Summit: *The Future of Child Health Care and Technology*. MIT Media Lab, Cambridge, MA. 1997

### TELEVISION INTERVIEWS

The Boston Channel: Families in Focus: *Summer Learning and Retention*. Boston. 2002

### WEB LINKED ARTICLES

[www.BostonRotary.org](http://www.BostonRotary.org)

[www.Presidentschallenge.org/advocates/corporate.aspx](http://www.Presidentschallenge.org/advocates/corporate.aspx) . Provides universal access for children to use the ABCs as a fitness activity tool for Presidential Awards. 2006-2007

<http://www.townofbrooklinemass.com/onthemove/#partners> . Brookline on the Move Activities, Brookline, MA 2006-2007

<http://actionforhealthykids.org/resources.php> Action For Healthy Kids Resource Data Base 2006-2007

PE Links 4U. Elementary & Physical Education. Vol. 9 No. 3, Resources. March 2007

[www.pelinks4u.org/](http://www.pelinks4u.org/)

FirstPath.com: Resource reference for Mentors in Motion, 3-27-2001

### PAST- PRESENT PROJECTS

Boston Rotary's Signature Literacy & Fitness Outreach Project: [www.bostonrotary.org](http://www.bostonrotary.org)  
One Laptop Per Child project for developing countries. 2009 - 2010

The School at Columbia University: 4 Kindergarten programs participating in Alphabet Fitness Education and taking the President's Challenge for Physical Fitness Awards. 2007 – 2010

St. Bernadine's Head Start, Baltimore, MD. Children earn President's Challenge PALA Awards through Alphabet Fitness Activities. 2007

LDA of Charlotte, NC. Implementing Alphabet Fitness for Summer Disability Camp. For children with autism, Fragile X Syndrome, Down Syndrome, & other motor learning disabilities. 2005-2006

Chinatown YMCA, Boston, MA - Alphabet Fitness and the President's Challenge. 2006  
Kids' Wellness and Alphabet Fitness Programs at Roxbury YMCA Kindergarten program and Boston Athletic Club. 1998

Wheaton College Student Internship Program - Implementing Kids' Wellness curriculum at the Attleboro and North Attleboro YMCAs. 1997

Springfield YMCA 8-week Pilot Education Program – Stress Reduction and Health Training for Childcare Staff. 1996 - 1997

Researched, developed and piloted stress prevention curricula for 3-6 year olds in two YMCA classrooms, Greater Springfield YMCA, Springfield, MA. 1996 - 1997

#### **PAST & PRESENT ADVISORY/CONSULTATION POSITIONS**

Rotary Club of Boston: Literacy and Fitness consultant 2009-present

One Laptop Per Child Collaborator, Alphabet Literacy and Fitness Category 2009-2010

President's Challenge for Physical Fitness PALA Awards Program 2006 - current

Cross Cultural Consultants, New Milford, NJ 1998 - 2004

Pre-school Advisor, Inner Coaching, Watertown, WI 1998 - 2005

Lesley College Mind, Body, Spirit Institute, Cambridge, MA

#### **PROFESSIONAL AFFILIATIONS**

Jumpstart: Alphabet Fitness® Activities for at-risk, Early Childhood populations

Boston Rotary/International 2009-current

NAEYC: National Association for the Education of Young Children. 2001- current

MAAEYC (MA Association for the Education of Young Children) –Collaborative partnership 2008-current

AAPHERD (American Alliance for health, Physical Education, Recreation and Dance)

ASSMI: American Association for the Study of Mental Imagery 1998-2004

New England Bio-Feedback Society 2000 – 2011

#### **EDUCATION and POST GRADUATE TRAINING**

17<sup>th</sup> Annual International Trauma Conference: *Mindfulness and the Body, Working with Dysregulation and Physical Action.* 2006

NAEYC: *Phonemic Awareness and Alphabet Knowledge.* California 2001

Institute For Cortex Research And Development: *Emotional Intelligence, Health and Relationships*. 1999

The Harmony Institute for Psychotherapy and Counseling, St. Petersburg, Russia. *Creativity and the Arts*. 1999

Boston Medical Center: *Child Witness to Domestic Violence Training*. 1998

Brain Institute: *Violence and Brain Injury Prevention*. Alexandria, VA. 1997

NICAMB: *Alternative Approaches to Body/mind Medicine*. 1995

National Institute for the Clinical Application of Behavioral Medicine. *Psychology of Health, Immunity and Disease Psychoneuroimmunology* (14 CEUs) - Dr. Daniel Brown/Stephanie Simonton, Boston, MA. 1994

Psychology, BA, Magna Cum Laude, Clark University/University of Hartford. 1967

### **OTHER EMPLOYMENT**

Developed and operated two successful RE/Land Development companies: 1972-1995.  
Maternal & Child Health Division of State Health Department, CT: Co-authored and implemented State Childcare Licensing Regulations. 1967 – 1970

### **APPENDIX A**

*Alphabet Fitness 101* complies with:

#### **MASSACHUSETTS CURRICULUM FRAMEWORK CONTENT AREAS:**

English Language Arts June 2001:  
Language Learning Standards PreK-4 pg. 13  
Language Learning Standards: Vocabulary & Concept Development pg. 19  
General Standards: Oral Presentation PreK-4 pg. 17  
General Standards of Beginning Reading PreK-4 Pgs. 29-32

English Language Arts May 2004:  
Language strand/Standard 4: Vocabulary pg 6

Comprehensive Health Frameworks: October 1999:  
PreK-3 Standards for Strands:  
Physical Health: Growth & Development and Physical Activity & Fitness pgs 6-7  
Social & Emotional Health: mental health; Interpersonal relationships & Community

Mathematics PreK-K  
Number Sense & Operations/Patterning pg 106

English Language Proficiency Benchmarks & Outcomes for English Language Learners  
PreK-3  
Listening & Speaking  
Reading  
Writing

English Language Proficiency Descriptors K-2 pgs 96-99

In addition: ELL, Dual language learners, Special Ed/Communication disorders for children through grade 12.