



The Art of Making Fitness & Nutrition Fun

Let's Gogh Get Fit classes foster a love of exercise in childhood through structured movement, games and play. By learning that exercise helps you feel good and strong both inside and out, Let's Gogh Get Fit gives children the foundation for a lifelong appreciation of themselves and their amazing body!

Let's Gogh Get Fit will help increase children's level of muscular and cardiovascular endurance, as well as improve their balance, coordination and flexibility through targeted, safe, age-appropriate, and fun fitness games, play and movement. The curriculum is presented in accordance with The American Heart Association, The Aerobics and Fitness Association of America and First Lady Michelle Obama's "Let's Move" Initiative.

It's easy to bring a Let's Gogh Get Fit program to your daycare center, preschool or facility. We offer affordable multi-week sessions or single FunFit events that integrate fitness, games, and a fitness/nutrition related art activity.

Kids Need to Get Up and Move! Let's Gogh Get Fit Classes:

- Help release "feel good" hormones which can help reduce anxiety and stress, improve mood, and promote relaxation.
- Promote a positive self-image.
- Help build and maintain healthy bones, muscles and joints.
- Help manage weight, build lean muscle and reduce fat.
- Increases cardio-respiratory (aerobic) fitness.
- Enhance flexibility & posture.
- Encourage socialization through group activities.

"A terrific way to teach kids to get fit and stay fit... for life. The kids get to exercise their mind & body."



Healthy - Active - Educational - Unique - Memorable



If you'd like to chat about our Let's Gogh Get Fit classes or FunFit events, please ring us at: 1.877.ART.GOGH or ping us at: wendy@letsgoghgetfit.com

Let's Gogh Get Fit by Let's Gogh Art - P.O. Box 664 - Lunenburg, MA 01462 - www.letsgoghgetfit.com - www.letsgoghart.com

"Happiness...it lies in the joy of achievement, in the thrill of creative effort." -Vincent van Gogh

Let's Gogh Get Fit Overview

Class Offerings and Instructor Bio



Multi-Week Get Fit Classes (3-5 year olds): Each Let's Go Get Fit multi-week class is a 45-minute curriculum beginning with opening circle, warm-up, three fun fitness games (one cardio based, one strength based and one balance and flexibility based), followed by a cool down. New and different games in the multi-week classes will help make sure kids stay interested, while learning different methods to stay fit and have fun together.

Healthy eating will be the final component of our class as we learn that physical fitness involves not only exercise, but eating healthy foods to help our bodies stay fit and strong! We'll exercise our creativity with a brief nutrition discussion and healthy eating art activity.

FunFit Single Class (3-12 year olds with or without parents): A FunFit class is a 90-minute curriculum beginning with opening circle, warm-up, three fun fitness games (one cardio based, one strength based and one balance and flexibility based), then we'll move on to circuit training and finish with a Yoga-inspired cool down. Finally, we'll exercise our creativity with a brief nutrition discussion and healthy eating art activity.



FunFit for Adults: Let's Gogh Get Fit also offers morning or evening 30-minute, 45-minute or one-hour group exercise classes for your staff and/or parents. We bring the workout to you! Choose from a variety of classes. Try a multi-week or a one-time FunFit class!

"Physical fitness is not only one of the most important keys to a healthy body. It is the basis of dynamic and creative intellectual activity."

John F. Kennedy

AHA Guidelines- All children age two and older should participate in at least 30 minutes of enjoyable, moderate-intensity physical activities every day that are developmentally appropriate and varied.

AFAA Guidelines- Encouraging play activities that develop muscle strength and coordination like skipping, hopping and jumping; Upper body development and coordination through activities like lifting, throwing and catching; Development of cardiovascular endurance with activities like running, jumping, hopping, biking, swimming and dancing.

Michelle Obama's National "Let's Move" Initiative- Two of its key goals include: helping children and their parents learn more about healthy eating, and supporting and encouraging them to be more physically active.

Every Let's Gogh Get Fit class incorporates these healthy guidelines.

Let's Gogh Get Fit instructor, Wendy Bertrand is a dedicated fitness professional with a love for over all health and fitness. Her passion is group exercise. "I believe that exercise is one of the most important parts of living a healthy, balanced and happy life. One of the best ways we can integrate it into our lives is to make it a group activity! As a mother of two young daughters, it's important to me that our children learn from an early age that physical fitness can mean having fun with friends and family, and above all, feeling strong and confident about themselves and their bodies. My happy, upbeat, fun and nurturing personality make me a great motivator and teacher for children of all ages. There is nothing that makes me happier than seeing kids discover the joy and fun of moving their bodies, getting stronger and laughing together with their friends! Children learn and grow best through play, and that idea is the heart - and muscle-behind Let's Gogh Get Fit!" When Wendy's not leading Let's Gogh Get Fit classes, she is teaching group exercise classes at Orchard Hills Athletic Club in Lancaster, MA...helping people challenge their own level of fitness, all while having fun!

Wendy is an AFAA Certified Primary Group Exercise Instructor - AFAA Certified in Youth Fitness - AFAA Certified Indoor Cycling Instructor - Les Mills International Certified BodyVive Instructor and TurboKick Certified Instructor. Let's Gogh Get Fit is fully insured and background checked.



We'd like to help get you & your group of kids feeling fit and fabulous...now is the time to get "goghing". To learn more about our Get Fit services, give us a ring at: 1.877.ART.GOGH or you can ping us at: wendy@letsoghgetfit.com.

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