

# The iGame4 Fitness Program

Uses **active** video games to improve cardiovascular endurance, flexibility, balance and the overall health of children.



## Program Highlights

- Led by a New York State certified teacher
- Follows each school's Physical Education class schedule for the week
- Rotates students through various active video game stations
- Full week program includes a Family Fitness Night, where parents and members of the community can participate too.
- All curriculum is aligned to the Common Core and New York State Health, Physical Education & Family Consumer Science Standards.
- Programs are available for all grade levels and special needs students



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The iGame4 Health & Nutrition Program and The iGame4 Cyber-Safety and Social Media Awareness Program are also available!