# **PROGRAMMES**

## ARTIDSCIM

A Kids Gym programs will help Build your child's character by giving them the Confidence to try new things! Children can endow great physical benefits. From muscle strength and balance, to healthy bones and flexibility.



Aerobic activity gets your heart pumping and your lungs working harder. It also may make you sweat. Aerobic exercise helps your mind and mood, too. How? It releases "feel-good" chemicals into your body. When you can, get outside and move in nature.



The bustling pace of our children's lives can have a profound effect on their innate joy-and usually not for the better. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion

# Diet Counselling for Kids

Dietitian gives practical advice on healthy diet for children - to help make sure they don't gain too much weight, or to lose weight if they need to.



We're more than mats, bars and beams. We're building blocks for life



• Dance • Music • Art & Craft • Mind Games



system around for women!

Kangaroo Kids - A-33, New Friends Colony (Near Mata Mandir), New Delhi

BrainWorks - B-30, Jangpura Extn., New Delhi

Studio - VPL-20, Shipra Krishna Vista Plaza, Indirapuram, Ghaziabad



A gym like NO OTHER!"

For Details Contact: 9810349093, 9873548555 e-mail: littlegym@outlook.com www.thelittlegym.co.in

## SERIOUS FUN FOR KIDS

Kids Gym will be India's premier experiential learning and child physical development centre for kids ages three years through 10 years. Each week, progressively structured classes and a positive learning environment create opportunities for your child to try new things and build self-confidence, all with a grin that stretches from ear to ear.

### MUSCLE STRENGTH

## BONES Veight-bearing activities that help children to develop.

healthy bones. Children learn own weight, helping them to build strong bones

HEALTHY

### CONFIDENCE

Physical activity needs to reduce feelings of depression and anxiety With the right instruction children develop on "I can" attitude and learn that they can count on themselves to succeed,

# RISKY

children who stay active and participate in sports, and xercises are less likely to engage in risky behavior such on the are of tobacco, alcohol and other drugs.

#### **Build muscles through** resistance training Over time children get stronger and develop lean, toned muscles

Reasons Why Kids **Should Join** Little Gym

### SOCIAL SKILLS

Kids Fitness clubs encoura teamwork and partner dril ple, the more they will lea

#### FLEXIBILITY

Flexibility is enhanced when performing exercises This help in everyday life to reduce tension help coordination, develop body awareness and promote circulation.

## O-GNITIVE BENEFITS

Research suggests that there is a strong correlation between physically fit children and academic achievement. Children who engage are more likely to perform better in school.

#### **ENJOYMENT OF** PHYSICAL ACTIVITY

Because exercises provides fun skills that children can practice it home, they will be more likely to engage in physical activity outside the gym. The more we can get children off the couch and moving, the healthier they will become.

## BUILDING SELF-CONFIDENCE IN CHILDREN, ONE HUMONGOUS GRIN AT A TIME

Want to give your child the best start in life? That extra edge that will help them become wellrounded, well-adjusted adults? Research suggests that creative physical activity may be the key to fostering confident, successful kids. In other words, Serious Fun provides some serious benefits. And, we have the research to back it up! We take a holistic "Three-Dimensional Learning"

approach to skill development. This philosophy is based on three core tenets: "Get Moving" to foster flexibility, strength, balance and coordination; "Brain Boost" to nurture listening skills, concentration and decision making; and "Citizen Kid" to promote sharing, teamwork, cooperation and leadership abilities.

## **OUR FACILITY**

A Kids Gym is a cheerful, well-equipped air conditioned gym and Learning Academy complete with large matted areas and a large array of creative equipment.

### OUR PHILOSOPHY

Our gym academy exists to further the happiness and health of our clients To become friends and mentors for the students who come through our doors.