



Stretch -n- Grow<sup>®</sup>



The World's Leading Health and Fitness  
Programme for Children

**“Our goal is to give children a strong foundation for a lifetime of exercise and fitness habits that will result in good health, strength, and positive attitudes. Since 1992, thousands of children across the United States, Canada, Australia, New Zealand, Ireland and the U.K. have participated in our classes.**

**Our curriculum and programme are regularly reviewed by our Board of Advisors, composed of pediatricians, educators, and fitness experts.”**

***President & Founder, Jill Manly***

The **Stretch-n-Grow** programme is designed to promote exercise and health for toddlers, preschool and young primary school children. It assists parents and child care providers in developing good health and fitness habits in young children. The programme is taught at child care facilities and schools by our qualified energetic instructors. A new theme is taught each month to keep things fresh, exciting and challenging.

Each lesson is structured with warm up and cool down periods and uses adventure stories, fun props and lively music. The children are also encouraged to practice at home.

**Stretch-n-Grow** Stars have lots of fun in weekly sessions, which include exercise, activities, simple games and short discussions on related issues such as nutrition, hygiene, and safety. The children have a positive experience of exercise, which encourages them to have a healthy lifestyle in the future.

**Our Heart pumps blood all around our body and beeps really fast when we do jumping.**



# Health Disclosure

(Please return to your Childcare Facility)

**£35**  
PER 10  
WEEKS

Childs Name .....

Age ..... Date of Birth .....

Gender: MALE  FEMALE

I wish to enrol my child in the **Stretch-n-Grow** Programme being conducted at:

.....  
Children enrolled will participate in one fitness session per week. Each session will consist of a warm-up, stretching, floor exercises and low aerobic activity, all designed for young children. Please answer and tick as appropriate:

Is your child known to have any heart problems? YES  NO

Is your child diabetic? YES  NO  TYPE 1 / 2

Has your child got asthma? YES  NO

Has your child got any disabilities? YES  NO

If yes please provide more information. (Add sheets if necessary)

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Is there any reason why your child cannot participate in **Stretch-n-Grow** Classes?  
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Parent/Guardian Signature .....

Email ..... Date .....

I acknowledge that this order and the provisions of services and classes to me and my child or children is expressly subject to **Stretch-n-Grow** Limited's Terms of Business, a copy of which is available from your nursery/school



Stretch-n-Grow Limited,

[www.stretch-n-grow.co.uk](http://www.stretch-n-grow.co.uk)