

BLOG AND NEWSLETTER

THE NU METHOD

Expand Your Definition of Health and WellnessCHOOSE **NU** from the **INSIDE** outSUBSCRIBE and SHARE

INTRODUCING OUR

NU KIDZ PROGRAMLETTER FROM THE EDITOR
Inner Voice, Life Results

By Tanya Fly

Last weekend, Hunter, my MIT #2 (Men In Training #1 is my oldest) had me on countdown, "Mommy, I can't wait till Monday." or "Mommy, 2 more days." Making me slightly more nervous than I had been in a while. "Nervous about what," you might ask? I was getting ready to instruct my NU KIDZ class for his 1st grade peers with less and less space in my mind and his hourly reminders for error! By the time Sunday came, I finally shared with Hunter my growing anxiety and he confidently rebutted, "Mommy, you will be fine--you're really fun!" See Chesire-Cat grin on mother's face--nerves vamoose!

Sure I had led movement instruction for 2- to 4-year-olds over the years and had a good feel for what

to do with/for them but this was an entirely different crew, I thought. If they were anything like my MITs, which I knew they probably were, they definitely would have an opinion regarding what I would do that I might or might not want to hear. Hey, but that's never stopped me before. LOL.

So I packed my supplies up again fully loaded with tons of energy and stuff, ie: balls and parachute in tow and headed off to my son's 1st grade class NU KIDZ session.

Unpacking my gear I realized I had forgotten my whistle but folks who've worked with me before will tell you vocal projection is usually not my issue.



NU KIDZ

ILLUSTRATION BY: TANYAFLY

That is until you're working with about twenty 6 to 7 year olds--you quickly realize that's a piece of equipment you CAN NOT afford to forget! LOL



What book is your kid reading?
TNM wants to know and WHY?

There are a few mine are into but **The Diary of a Wimpy Kid** series by Jeff Kinney seems to be one of both their favs! Why?

Jadun (9) - "It's Funny!"
Hunter (6) - "They explain the person really well."

<http://www.amazon.com/Diary-Wimpy-Kid-Rodrick-Rules/dp/0810994739>

UNSUBSCRIBE?

REALLY?!?! But, but...it's **FREE!** Sigh--ah, **OK** 8-(

If you have received this subscription in era or you wish to no longer receive your **FREE** subscription, we apologize for any inconvenience you may have been caused. Simply scroll down your original email to MANAGE YOUR SUBSCRIPTION and click link.

LETTER FROM THE EDITOR

Inner Voice, Life Results
Continued...

However, despite that personal whistle faux-pas, the class, (I was told by his mates before departure) , was considered a success. My MIT 2 all sweaty and beaming with pride...PRICELESS!

We want to hear from you.

TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.

If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website www.thenumethod.com and click on http://www.thenumethod.com/TNM_COMMUNITY.html for further details.

PARENTS WANTED:

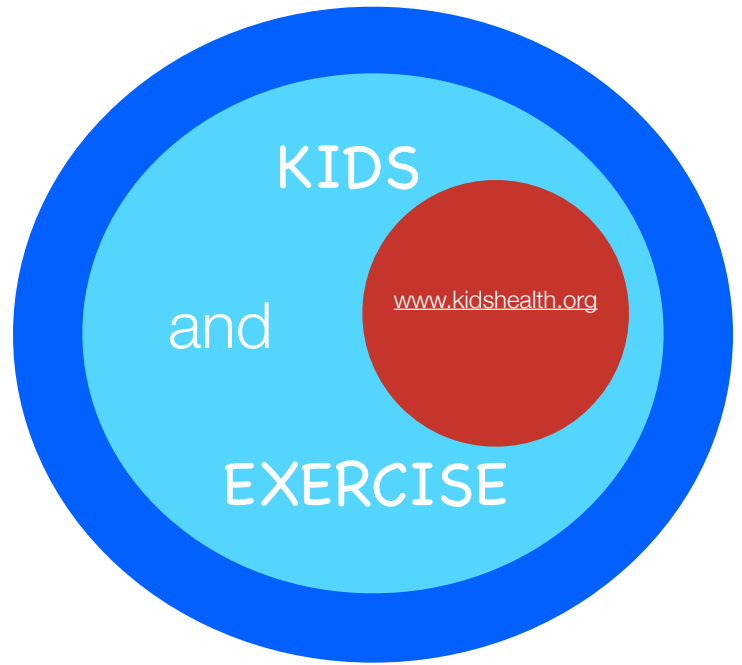
Apply now to run for a seat on your Community or Citywide Education Council.

- ✓ Have a direct influence on your child's public school education.
- ✓ Speak up for parent and student needs.

Represent your Community. Apply now at powertotheparents.org

Pre K Information

From the DOE



Pre-K applications are now available online.

You can submit a Pre-K application starting today, March 6. Applications are not considered on a first come first served basis, so take your time – you have until Friday, April 3 to submit an application. The Pre-Kindergarten Directory and application are available at your local elementary school, borough enrollment office and online at our Pre-K website. Go paperless by viewing the directory and submitting your application online.

Before you begin the application, review the directory and become familiar with the Universal Pre-K programs in your community. Take time to gather as much information as possible.

If you haven't already attended an information session, there are six more sessions next week. You can find the schedule on our Pre-K website. You should also consider attending open houses or tours at schools that interest you.

Visit the Pre-K website for more information and to view the online directory and application.

Please share this e-mail update with any friends, family members, and neighbors who might be interested in Pre-K admissions.

We look forward to helping you throughout the admissions process! If you have any questions or suggestions, please e-mail the Office of Student Enrollment at ES_Enrollment@schools.nyc.gov.

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights.

But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, soccer practice, or dance class. They're also exercising when they're at recess, riding bikes, or playing tag.

The Many Benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- * have stronger muscles and bones
- * have a leaner body because exercise helps control body fat
- * be less likely to become overweight
- * decrease the risk of developing type 2 diabetes
- * possibly lower blood pressure and blood cholesterol levels
- * have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

1. run away from the kid who's "it" (endurance)
2. cross the monkey bars (strength)
3. bend down to tie their shoes (flexibility)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements.

Endurance is developed when kids regularly engage in aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder. When done regularly and for continuous periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells.

Aerobic exercise can be fun for both adults and kids. Examples of aerobic activities include:

- * basketball
- * bicycling
- * ice-skating
- * inline skating
- * soccer
- * swimming
- * tennis
- * walking
- * jogging
- * running

Improving strength doesn't have to mean lifting weights. Although some kids benefit from weightlifting, it should be done under the supervision of an experienced adult who works with them.

But most kids don't need a formal weight-training program to be strong. Push-ups, stomach crunches, pull-ups, and other exercises help tone and strengthen muscles. Kids also incorporate strength activities in their play when they climb, do a handstand, or wrestle.

Stretching exercises help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion. Kids look for opportunities every day to stretch when they try to get a toy just out of reach, practice a split, or do a cartwheel.
The Sedentary Problem

The percentage of overweight and obese kids and teens has more than doubled over the past 30 years. Although many factors contribute to this epidemic, children are becoming more sedentary. In other words, they're sitting around a lot more than they used to.

According to the Kaiser Family Foundation, the average child is watching about 3 hours of television a day. And the average kid spends 5½ hours on all screen media combined (TV, videos and DVDs, computer time outside of schoolwork, and video games).

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or playing video games. The American Academy of Pediatrics (AAP) recommends that children under the age of 2 years watch no TV at all and that screen time should be limited to no more than 1-2 hours of quality programming a day for kids 2 years and older.
How Much Exercise Is Enough?

Parents need to ensure that their kids get enough exercise. So, how much is enough? All kids 2 years and older should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week.

The National Association for Sport and Physical Education (NASPE) offers expanded activity guidelines for infants, toddlers and preschoolers:

AGE	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1.5 hrs	30 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
Pre-school	2 hrs	60 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
School Age	1 hr or more	Break up into bouts of 15 minutes or more

Infants and young children should not be inactive for prolonged periods of time — no more than 1 hour unless they're sleeping. And school-age children should not be inactive for periods longer than 2 hours.
Raising a Fit Kid

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle.

continued on page 8

NU KIDZ Sound Off

Why Activity is Important for Children...in their own words

name
TAYIA
age 9



i dig _
GYMNASTICS

because
FOR ME, IT'S EASY FOR MY BODY TO DO THE THINGS I NEED IT TO DO. IT HELPS ME TO BE FREE-ER WITH MY BODY AND IT'S FUN.

other activities i like to do are
TAP DANCING

why is being active important to you?
BEING ACTIVE MAKES ME FEEL LOOSE...MAKES ME FEEL FREE.

name
Rio **age** 8



I dig: skateboarding
because: it's fun to do
Other activities: video games, swimming, football, riding bike
Being active is important: because it gets you stronger



name
Raven **age** 4

I dig: blowing bubbles
because: I like floating things
other activities: playing baby dolls, riding bike, going to beach
Being active is important: because it gives

name Milo **age** 8

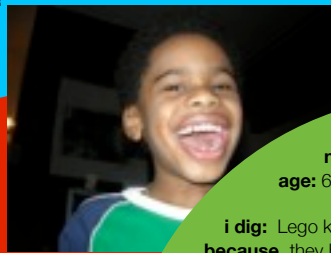


i like to wrestle (he only picked this he forgets the name of some "activity" he was doing yesterday in the big yard whereby he and his friends tried to push each other out of a circle. It begins with an A.) **because** it stretches my muscles in a way that I like, and it's a good activity.

other activities i like to do are.. "oh my goodness, can't India do one?"

why is being active important to you? Because I get exercise and it's good to get exercise.

you can't think of other physical activities that you like
"UGGGGGGGHH"



name Hunter
age 6

i dig baseball the most
because it is fun and you make friends.
other activities i like to do are football.
why is being active important to you? Because running is fun and I like fun things



name
Jadun
age 9

i dig baseball **because** it is fun and you make friends.

other activities i like to do are basketball and football
I think being active is important because it helps your body and is fun.

name: Sam
age: 6

i dig: Lego kits
because they have cool things you don't expect
other activities i like to do are Kickball, soccer and bowling

why is being active important to you?
Because you can get more strong and it's good for your body



name
Charlotte!
age 11

i dig soccer cause its the best sport in the world!!!!!!(if u want a real reason...) Its really fun to move around and roll the ball all over and it can get you fit and in shape

other favorite activity i like to do

well i loooove to play the drums!! and skate board and scoo and...hang with my bffs!
(mia,natalie,jordan,erica,francesca,lemmy,ramona,carmin ((my partner in crime)),azul,and more)

why is being active important to you?

because its important to be fit. Personally i don't want to be a big lard laying around watching TV and being lazy. Plus its fun to run around and have snowball fights, play tag,etc.



Name:
Troj
Age: 7

I dig...
Gymnastics

Because....
enjoy gymnastics because I like challenges

and I challenge my upper body when I do cartwheels and handstand. I like using my muscles.

Other activities I like to do are...

Art and play the piano. I enjoy these activities because I get to create, express and use my brain.

Why is being active important...

Being active is important so you can be healthy, strong and have a successful life.

LAUGH

RUN

What
NU KIDZ
do...

LEARN

JUMP

PLAY



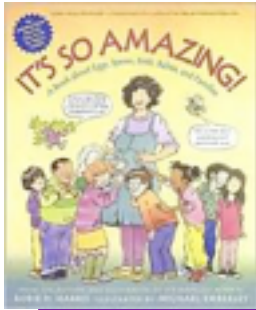
PHOTOS: S.MAGLOIRE



for further information
[http://thenumethod.com/
NU_KIDZ_PROGRAM.html](http://thenumethod.com/NU_KIDZ_PROGRAM.html)

Advertisement

S&S Worldwide
 Helping People Play & Learn Since 1906
 Call Toll-Free 1-800-288-9941



“Research shows that if you talk to your kids about SEX between the ages of 8-12 years old you are most likely to continue a healthy dialogue about the subject with your child ongoing.”

Dr. Drew~

I personally found the book, It's So Amazing to be a great way to create a dialogue that was both age appropriate while giving the facts that answered the questions that my then 8 and 5 year old had about Britany Spears sister getting pregnant! “How is Zoe pregnant, mommy--she's just a kid herself?” Sighhhhhh...

<http://search.barnesandnoble.com/booksearch/isbnInquiry.asp?r=1&ISBN=9780763613211&ourl=Its-So-Amazing%2FRobie-H-Harris>

S&S Makes Winning Grants EASY AS 1-2-3!

At your fingertips, a complete and current database of Federal, State and Private Foundation grants available to schools and non-profit organizations- including those with religious affiliations- in all the categories below.

- * Afterschool
- * Arts
- * At Risk / Character
- * Community Involvement
- * Early Childhood
- * General Education

- * Health / Physical Education
- * Science / Environmental
- * Special Education
- * Technology
- * Disabilities

Search the above program categories, complements of S&S. All we need is your email address and you'll be able to search for FREE (Why Is It Free?). If your program category is not listed above, School Funding Center offers a paid subscription to the full grant database with over 30 categories.

Center Database Info and Pricing. Please Note: These services are for non-profit organizations only.



The Girls Educational and Mentoring Services (GEMS) invites you to a screening of

Very Young Girls

followed by a discussion with Rachel Lloyd, Executive Director and founder of GEMS
 Hosted by Grace Church Brooklyn Heights

March 19, 2009 • 6:30 p.m.
 Grace Church
 254 Hicks Street
 Brooklyn, NY 11201

6:30 p.m. – 7:00 p.m. Refreshments
 7:00 p.m. – 9:00 p.m. Screening and discussion with Ms. Lloyd

Admission is free.

Very Young Girls is an expose of human trafficking that follows thirteen and fourteen year old American girls as they are seduced, abused and sold on New York's streets by pimps and treated as adult criminals by police.

For more information about the film visit www.gems-girls.org



Very Young Girls
 Documentary
 FREE

Grace Church
 254 Hicks Street
 Brooklyn, NY 11201
 For More Information:
 Ellen Fried
fried@mail.law.cuny.edu

Here are some tips for raising fit kids:

- * Help your child participate in a variety of activities that are age-appropriate.
- * Establish a regular schedule for physical activity.
- * Incorporate activity into daily routines, such as taking the stairs instead of the elevator.
- * Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
- * Keep it fun, so you can count on your child to come back for more.

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2009

HOME GROWN WORKOUT 4

FAMILYSTYLE

READY TO EXPAND YOUR DEFINITION OF HEALTH and WELLNESS? CHOOSE NU!

Join a class currently in session or inquire about creating one of your own.

Classes currently in session:

Tuesday's &
 Thursday's: 9-10am Dodge YMCA (Brooklyn)
 10-11am Atlantic Avenue (corner of Atlantic & Court)
 Weds: 6:10-7pm
 Thurs: 3:15-4pm PS 261 Boerum Hill (Brooklyn)
 Pacific Street (F/G to Bergen or A/C to Hoyt)

Pay for the amount of classes you plan to attend for the month and that's IT! No membership or long-term commitments.

INTRODUCTORY PRIVATE OFFER:

1 Consultation and 2 Customized Training Sessions for \$85 (\$185 value).



It's raining or your sick like I was this day and you have not one but two boys with more energy pulsing through your veins than you ever have ON A GOOD DAY. All you want to do is curl up with a good book, nice cup of tea or possibly a small

cup of chicken soup but they are having NONE of that. Quick, what do you do? I tell you what you do if you live in a building like mine--you grab some of your training gear, drag your sick behind to the stair well, drop 2 balls over the railing and say, "Boys, go get them!"

I'm telling you in about 15-20 minutes even sick you'll be cracking up, the neighbors will thank you for not having them wrestling in your apt. over their heads and the boys will declare unanimously, "Mommy, that was the best game EVER!"

NU Enthusiast

By Emilie

ACTIVECHILDREN ACTIVEADULTS

FULL LIFE

CHOOSE NU



ADVERTISEMENT



I've always been a pretty active person, mostly outside of the gym, but found that I lost my momentum a few years ago. Between graduate coursework, a new career teaching music, and a husband who likes to cook comfort food, I had gained weight, and stopped doing all about the outdoor activities that I used to look forward to. Last year I began seeing school staff working out with Tanya Fly after school. Little by little I started seeing major changes in my colleagues who were working out. They were losing weight and looking great! They definitely inspired me to start classes, which I finally did this past October.

Classes with Tanya have been truly amazing. Not only have I lost a little weight, I find I have more energy, and actually enjoy exercising! Tanya emphasizes making the program work for you, by making small, manageable changes in your life. Personally, I find that I'm getting outside again, even hiking part of the Appalachian Trail over winter break, and have made plans to do some major hiking this summer. A side benefit is that my enthusiasm for Tanya's classes has encouraged my husband to start going to the gym!

303 5th Avenue
 Suite 2009
 New York, NY 10016
 p 212.679.9060
 f 212.679.9086

<http://www.rebeldesignsonline.com/>

TNM Clients:

Get 10% off of ANY purchase



PHOTO: JADUN FLY



The NU Method is a registered Trademark of The NU Method Inc.

Dear Friends,

As you may know, I am the Auction Committee Chairperson for a charity called "Friends of the Children" (www.friendsofthechildrenny.org). As a committee member, it is my responsibility to come up with interesting and unique items to be bid on at a silent auction this April 28th 2009 at a fundraising event for the charity.

FOTC is an early intervention, long-term childhood mentoring program. Its mission is to help New York City's most at-risk youth become productive, contributing members of the community. FOTC provides each child in the program with a "Friend" (a full-time paid professional with relevant training and experience) to serve as a guide, educator, advocate and positive role model. The "Children" have shown remarkable academic and social improvement, and the organization is nationally recognized for its innovative programs and compelling results.

Please call or respond to this email if you have an item you or your corporation would like to contribute.

Gratefully Yours,

Randi Mollo

Mollo Management, Inc.

www.mollomanagement.com



FINAL WORD JUST A THOUGHT

By Tanya Fly

Who knew that all the training, consulting, group instruction, continuing education courses, early mornings and late nights would lead me right back to where I've been all along? Talk about a full circle moment!

I've always known instinctively that Health and Wellness had to begin from the Inside out, but what I am now beginning to understand is how many different ways and levels that truly is. For some people it may be a specific, rigid regimen that allows them to chart a particular goal to experience their success. For others, it could be about having the access to proper knowledge, instruction and support to become proactive.

In my humble opinion, Expanding my Definition of Health and Wellness is and continues to be a more introspective journey in which I try to pay attention not as much to my waistline as I do to WHY I believe I am alright in my own skin

or not. For me, allowing myself the space to understand not so much what I am eating but more "what's eating me". That exploration is far more filling to me than any meal can ever be.

Finding ways to spend more quality time with my boy last week was not something I consciously knew I needed but quickly found I did only realizing how much after I listened to that little voice inside of me initially saying, "You should get back to children instruction." Wasn't sure why, just kept feeling like it was time.

What's your little, child-like voice drowned-out daily by the "Life Noise" trying to say to you? You may not be able to hear it right away but just slow down and give yourself a minute. It probably has something to say that you really need to hear and I promise, even if not at first, eventually you and others will be glad you did! **xoxo, t~**