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Interested in teaching **NU KIDZ** curriculum and philosophy with your *own* teacher's and instructors?

This is something we are asked about often:

Q: Our school is not able to have **NU KIDZ** come at this time but we would love to have you come and consult our teachers on how to inspire the children in this way. Do you do that and if so, what does that entail?

A: "Coming Soon"

Soon you will be able to conduct the **NU KIDZ** program within your school or After School program with your own teacher's, counselor's or instructors but not just yet. Our goal is to be able to offer this option by early May 2010.

NU KIDZ™



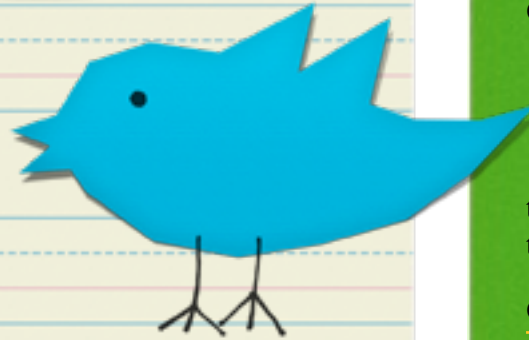
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NU KIDZ™

FIT and LIFESTYLE Program





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This is how NU KIDZ works: During most of the class a NU instructor(s) will come onsite, (your classroom, park or gym) and play a series of familiar and not so familiar, fun physical games to begin introducing how the body works in a very practical way.

As classes progress, our games will include more Q&A before and after each game to help introduce and reinforce certain concepts taught like, “What muscle does this exercise use?” “What food group has apples in it?” “Is it good for you or not?” “Why should you care about that?”



There will be other information we give the kids for take home. Some we will request they bring back. **NU Family FIT Time** assignments will require the family participation and accomplished from week to week. This will reinforce not

Q: Being active is important because...

So you can be healthy, strong and have a successful life. Troi, (girl) Age 7

Because you get more strong and its good for your body. Sam, (boy) Age 6

Because it gives you energy. Raven, (girl) Age 4

only the lessons they are learning about caring for themselves from the inside out but bringing those qualities and lessons home to the family as well. We would spend approximately the final 10 minutes during school, (15/20 minutes during after, school), collecting a short write up, discussing what they and their family has learned, what their experience was slowly making Choosing NU from the INSIDE a natural part of their NU Lifestyle!

NU KIDZ Q & A

HERE'S A BASIC RUNDOWN of what NU KIDZ is all about:

Q: What is NU KIDZ exactly

A: NU KIDZ is a Fitness and Lifestyle program created to teach children how to care for their body from the inside out.

Q: What exactly will they learn?

A: Self Esteem, Team Work, Respect of others, Basic Muscle Groups, Nutrition and teaching FAMILY'S how they can get FIT and continue improving their over all Lifestyle *together*.

Q: What's included?

A: A NU instructor, all supplies, (take home information), subscription to our FREE online Blog and Newsletter, in addition to any Q & A they may have or need via email directly from one of a TNM Instructor or Community Advisor.



Q: How long does the NU KIDZ class last?

A: It depends on the age group.
2.5-4 year olds: 30-40 minutes
45-55 minutes
5-7 year olds: 45-55 minutes
55-65 minutes