

# FIT AND FUN



The **Fit and Fun** programme using vigorboards offers a new approach to combating childhood inactivity and gives children the opportunity to learn new skills. Children learn to help each other in a non-competitive environment.

Vigorboards are propelled by the twisting movements of the rider. No incline is needed and the board's nylon wheels make it ideal for use in the gym, the school hall or the playground.

## The programme includes:

- Basic skills to get going
- Safe use of the boards
  
- Advanced skills and managing speed

## Vigorboard sessions are:

- Fun
- Motivating
- Non-competitive

## They improve:

- Agility
- Balance
- Co-ordination

## Safety comes first!

- Safety is one of our key priorities.
- We supply the necessary pads & helmets



**Children quickly learn the basic skills under the direction of skilled and inspiring coaches.**



**Fit and Fun** provides an intense form of cardiovascular exercise. One of the key outcomes of the programme is an increase in the participants' fitness levels. Participants show increased agility, balance and co-ordination.

Vigorboards are a great way to provide intensive exercise in confined urban spaces. They especially appeal to children who are not attracted to team sports.



### **Getting kids off the couch**

There is a need to develop innovative and effective ways of tackling the increasingly sedentary lifestyle of very many young people.

Almost three-quarters of children in England are failing to do enough exercise. Figures from the Department of Health show 72 % of schoolchildren do not get the recommended amount of daily exercise outside school and 45 % watch TV or play computer games before school.

### **A parent's experience:**

*"The Vigorboard has changed my son's life. His weight has reduced and his teachers have commented on his improved concentration at school. His moodiness has reduced and he's much happier now he's feeling better about himself."* (Mother of participant)

