

Hendersonville, N.C.—Ageless Grace, LLC announces the release of a new DVD, “Ageless Grace for KIDZ!™.” Based on the science of neuroplasticity, Ageless Grace for KIDZ!™ is a seated fitness program that activates all five functions of the brain and helps with the development of 21 different functional body skills, including balance, coordination, multi-skilling, and the ability to respond, react and recover. Additionally, spinal flexibility, muscle mass, eye-hand coordination and dexterity will all be enhanced.

Developed by fitness professional Denise Medved, the Ageless Grace® program is being taught throughout the world and is functionally developmental for children. And for parents, teachers, guardians and grandparents, it can prevent physical and mental decline, and restore youthful functionality!

Ageless Grace for KIDZ!™ is designed to be practiced 10 minutes a day to help keep neural pathways open and to re-open those that have “shut down.” Practicing unfamiliar physical skills such as those demonstrated in the program can create new neural pathways.

Ageless Grace for KIDZ!™ is practiced in a chair to condition the core, which includes major organs, as well as the respiratory, digestive and lymphatic systems. It is excellent for children of all ages, sizes and abilities, and is particularly beneficial for those who are overweight, those with special needs, ADD and ADHD, MS, or other physical and mental challenges. It is easily adaptable to the classroom setting.

Medved says that “while the program is being taught in many schools already, we are now intentionally launching a specific Ageless Grace for Kidz!™ exercise program that can be taught in school classrooms, offered through after-school programs, and practiced easily at home.” The DVD is aimed at children of all ages, using original music that is playful, fun, engaging and creative.

Ageless Grace for Kidz!™ addresses a huge and critical issue affecting our world's children -- the dramatic decline of physical fitness and the potential for severe limitations in physical and mental functionality due to: rising childhood obesity, dramatic cuts in physical education programs in public and private schools, and inactivity of children due to over-dedication to computers and video games, texting and television.

- Obesity affects more than one out of six of all children and adolescents in the United States - triple the rate from one generation ago. And fully one-third of all children are considered overweight in the United States.
- Currently, only five states require physical education every year from kindergarten through 12th grade. And no federal law requires PE to be offered.
- Forty-eight states have their own standards for physical education, but only two-thirds

of them require local districts to comply with them, according to a 2010 report by the National Association for Sport and Physical Education.

- Children 8 to 18 years of age spend an average of 7.5 hours a day using entertainment media, including TV, computers, video games, cell phones, and movies. Of those 7.5 hours, about 4.5 hours is dedicated to viewing TV. Eighty-three percent of children from 6 months to less than 6 years of age view TV or videos about 1 hour and 57 minutes a day.

In addition, a recent study followed more than 200 schoolchildren, starting from first through third grade, for nine years. Some received physical education five days a week, plus extra training in motor-physical skills such as balance and coordination. Others in the control group received usual levels of physical education. Ninety-six percent of students in the intervention group achieved grades that made them eligible to advance to upper-secondary school, compared with 89 percent of students in the control group. This difference was especially evident among boys. The study also found that in ninth grade, 93 percent of students in the intervention group had good physical motor skills, compared with 53 percent of student in the control group.

Ageless Grace for Kidz!TM is uniquely poised to address this critical issue. The program will provide classroom teachers, as well as parents, grandparents and other caretakers with the tools they need to introduce easily and playfully physical activity into the classroom, while also contributing to peak brain function.

According the founder and creator of the program, Denise Medved, “The vision of Ageless Grace, LLC is to change the model of aging in the world, beginning with our children. They can learn early in life that movement creates and maintains functionality—and the first three letters of functionality spell FUN!”

The Ageless Grace for Kidz!TM DVD is available for \$24.99 at www.agelessgrace.com/kidz.html.