

It's never too late to begin. It's never too early to start.™



**Fun Fitness™
for the Body & Brain**

FUN Brain Health Exercises Almost Any Kid Can Do!

4EverFit4KIDZ!™ Brain-Body Fitness Program is based on consciously choosing to develop the brain and body through playful and imaginative physical movements designed to fire neurons and develop neural pathways for preschoolers to mid-teens. All 21 tools or exercises in the program can be practiced by children of any age or ability and are “played” in collaboration between the children and their teacher. The exercises are done seated in their chairs in order to stimulate and develop the five primary functions of the brain by doing unfamiliar movements, or creating new ways to do an activity that is already familiar to them. The movements are spontaneous and use music and story-telling, with no need for the teacher to learn any special choreography. Each of the brain-changing tools can be adapted to the curriculum, and also focus on a primary physical skill necessary to develop lifelong optimal function beginning in the formative years (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the “Three R’s” of Ageless Grace®, the ability for children to respond, react and recover.

Kathy Woods will be leading an Ageless Grace Recertification with a focus on kids.



Kathy Woods, Certified Ageless Grace® Educator/Trainer, Certified 4EverFit4KIDZ! Trainer plus dance and movement specialist has been teaching children and adults dance, movement and exercise for over 25 years in studios, gyms, schools, recreational centers and arts camps. She has designed and produced seminars/workshops, created movement programs, coached other dance teachers plus trained Ageless Grace Educators.

The Ageless Grace® Program for children is called 4EverFit4KIDZ! It is ideal for parents, school teachers and other caregivers to learn and then share with children.

The 4EverFit4KIDZ! Program helps children develop both physical and cognitive skills and grow strong and healthy through stimulation of neuroplasticity.

Adults working with special populations, including those on the autism spectrum, with ADD or ADHD, or with physical or mental limitations should find the 4EverFit4KIDZ! Program beneficial

For Ageless Grace Educators

Ageless Grace® RECERTIFICATION with focus on KIDZ!

This RECERTIFICATION WORKSHOP is for you if you are thinking of adding Multi-generational classes or 4EverFit4KIDZ! classes to your teaching schedule and are not sure how to adapt the Ageless Grace Program. Or if you already are giving classes to children and want new info for your classes.

Kathy Woods, Certified Educator/Trainer for Ageless Grace & 4EverFit4KIDZ! will guide you and present you with ideas and suggestions to help bring your classes for kids to life.

**A 3.5 hour RECERTIFICATION WORKSHOP: March 29, 2025
12:00pm-3:30pmET Attend VIA ZOOM**

Fee \$55. To register go to www.AgelessGrace.com > Training Schedule
Contact Kathy Woods for more info: 708-955-3552 AgelessGraceWithKathy@gmail.com