

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

4EverFit4KIDZ!™

offered by ageless Grace®



**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 storytelling, 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, Certified Ageless Grace® and 4EverFit4KIDZ! Educator/Trainer plus Professional Dance Teacher has been teaching children and adults Dance, movement and exercise for over 25 years in studios, gyms, schools, parks & recreation, arts camps and senior facilities. She has designed and produced seminars and workshops. She created movement programs, coached other dance teachers plus trained and coached Ageless Grace Educators.

The Ageless Grace® Program for children is called **4EverFit4KIDZ!** It is ideal for Ageless Grace Educators to share with children & Multi-generational groups.

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

Ageless Grace Educators 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** highly beneficial.

**Ageless Grace Educators from Australia Requested this:
POP-UP 2-part WORKSHOP
FOCUSING ON 4EverFit4KIDS!**

Exclusively for Ageless Grace Educators
(can be used as your Ageless Grace Re-Certification)

**Friday, AUGUST 14, 2026 5:15-7:15 EDT plus
Monday, AUGUST 17 7:00-8:30 EDT**

Fee \$60. To register go to www.AgelessGrace.com > Training > Training Schedule
Contact Kathy Woods for more info: AgelessGraceWithKathy@gmail.com