

# PE with JIGGAEROBICS

## PHYSICAL EDUCATION PROGRAM FOR KIDS

- +** PE With JiggAerobics is a global youth initiative that fuses fitness, fun, entertainment & motivation into an exhilarating dance-fitness sensation called "GetRight Sessions."
- +** PE With JiggAerobics ingeniously combines "jigging," an energetic Louisiana dance style with numerous plyometric exercises.
- +** PE With JiggAerobics exercise classes are unrivaled "fitness parties" that blend modern upbeat world rhythms with easy-to-follow choreography, for a total body workout that feels like a celebration.
- +** PE With JiggAerobics' mission is to use our fitness sessions as a vehicle to spread "cheese," joy and happiness, to young people worldwide. Get ready to "Get Lit While You Get Fit!"



**LADONTE LOTTS**  
FOUNDER, MASTER TRAINER



**DIGITAL REACH**



**14.6 million+**

**AS SEEN ON:**



### PROBLEM #1

According to the National Center for Education Statistics (NCES), 1 out of every 5 students (20.2%) ages 12-18 report being bullied.



### OUR SOLUTION

Educating children (ages 2-10) about the prevention & effects of bullying, self confidence and self awareness can significantly decrease the probability of them becoming victims or perpetrators of bullying.



### PROBLEM #2

According to the Centers for Disease Control (CDC), 18.8% of children ages 6 to 11 in the U.S. are now OVERWEIGHT, which is nearly triple the 6.5% average in 1980.



### OUR SOLUTION

The best way to combat the growing epidemic of child obesity is through exercise. Exercise can reduce the effects of stress; while at the same time stimulating brain activity and increasing the ability to concentrate.

**GET LIT WHILE YOU GET FIT!**



**CONTACT US:**

**f @jiggaerobics**

[WWW.JIGGAEROBICSFITNESS.COM](http://WWW.JIGGAEROBICSFITNESS.COM)



(832) 429-2281



[info@jiggaerobicsfitness.com](mailto:info@jiggaerobicsfitness.com)





# PE with

# JIGGAEROBICS

PHYSICAL EDUCATION PROGRAM FOR KIDS

## INCLUDES:

- 30-Minute Workout plus Structured Lesson Plan
- Instructional Videos
- Motivational Talks



## OUR GETRIGHT SESSION overview



**\*\*Aerobic Exercise and HIIT Session can be done together or separately on different days. The Discretion is up to each teacher/parent. Have Fun & Get Lit While You Get Fit!**



### Step 1. STRETCH / WARM-UP

Stretching extends the body to achieve a healthy range of flexibility, reduces muscle tension, enhances muscular coordination, and delays the onset of muscle fatigue. Now after a good warm-up and stretch, it's time to 'GetRight!'



### Step 2. AEROBIC-DANCE CARDIO

Aerobic exercise is any activity that increases breathing and heart rate. *PE With JiggaAerobics* utilizes exhilarating dance cardio routines to provide each child with at least 30 minutes of aerobic activity during the school day.



### Step 3. HIIT SESSION

*PE With JiggaAerobics'* HIIT Sessions require all-out, 100% percent effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps a child's heart rate up and burns more calories in less time.



### Step 4. COOL DOWN

*PE With JiggaAerobics'* Cool Down sessions slow the body's level of physical activity gradually, from high intensity to low intensity, following the aerobic exercise. It also helps the heart rate and breathing return to normal, prepares muscles for the next activity, and helps prevent muscle cramps or spasms.



### Step 5. CHEESE TALK

When it comes to reaching any goals and getting results in life, children need to be motivated, inspired and encouraged to achieve the best results possible. These motivational topics are designed to complete The Ultimate Mental & Physical Workout.

**CONTACT US:**

@jiggaerobics

[WWW.JIGGAEROBICSFITNESS.COM](http://WWW.JIGGAEROBICSFITNESS.COM)



(832) 429-2281



[info@jiggaerobicsfitness.com](mailto:info@jiggaerobicsfitness.com)