

# Aspen Fitness Inc.

April 2009  
Spring Newsletter



## Manitoba Leads The Way With Special Needs & Autism

School Divisions in Manitoba are seeing the benefits of incorporating GymKids equipment onto their curriculum and the Special Needs children are absolutely loving their new **'work out'** opportunities.

Recent demo's performed for several of the Manitoba school divisions has seen several schools purchasing full sets of the equipment.

On a recent visit to a local school, one resource teacher saw the schools equipment and was entertained by the Special Needs students who took much pleasure in demonstrating the equipment to her and explaining how each piece worked and what parts of the body it exercised.

Another resource teacher commented that one of their special needs boys is a 'very reluctant exerciser' and that it was easier to pull teeth than to get him away from his chair, but during a recent demo he was quoted as saying :

***"This is exercise and it is fun and I am going to go home tonite and dream about exercising every day"***

Our regular line of GymKids equipment needs no special modifications to be used by special needs children or by children who have autism and we provide a comprehensive guide on using the equipment correctly, including how to safely get on and off the equipment and how to use it to gain the

most benefits.

For the disabled and more mobility challenged children, our "Access Range" comprises of attachments such as foot sandals, leg calipers, trunk/torso supports and multi unit head/neck supports that are designed to enable the children to use our toddler and junior bike. Spring of 2009 will see similar kits available for the airwalker and the rider too.

Do you have any special needs pupils, or children at your facility who have autism? If so we can organize a demo for you and will even leave the equipment with you for a few days or even a week so you can assess the full potential and benefits of it. **Continued Page 2 .....**



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## State Of The Art Daycare In Quebec Adds GymKids Equipment To Their Centre

A daycare in Quebec has realized the importance of getting our younger generation interested in fitness at an early age and has added a kids gym and a state of the art computer/audio centre to their facility.

The gym allows the kids to 'work out' on the miniature sized treadmills, steppers, ellipticals, riders, bikes and rowers and

there are other fun activity stations such as ball pits, soft play climbing blocks, tunnels, jump mats, balls, computer dance mats and space for them to run around and let off steam.

Their computer and audio centre has a full complement of computer stations and the design is very futuristic and fun.

It is a known fact that exercise

helps to improve our children's academic performance and this daycare is providing the perfect resources to stimulate both their bodies and minds.



## Manitoba Leads The Way With Special Needs & Autism Continued from page 1

By having the equipment for several days, it gives you the opportunity to see how all of your students can benefit from it, and it allows all of your staff and colleagues to fully assess it's potential.

Our equipment is being used not only as part of schools OT & PE curriculum, but in after school activities and at fundraising events. Fun events are organized where the kids compete against their parents or teachers, and what kid doesn't want to brag about "beating" their parent or teacher at something, especially when it is a sport?

It is extremely important that parents and children know how to have fun and play

together as a "family unit" and our equipment allows for the whole family to get physically active, regardless of whether there are special needs to consider or not.

So feel free to contact us via phone or email so we can arrange for your free equipment demo.

**Email**

[enquiries@gymkidscanada.ca](mailto:enquiries@gymkidscanada.ca)

**Telephone**

204-612-9255



*“Wow do we get to use the big equipment too when we are older?”*

This is what the elementary children were heard asking when they saw the toddler and junior GymKids equipment being delivered to their school

## Winnipeg School Improves ECERS-R Gross Motor Rankings

Lisa, the director of a Winnipeg School asked us to organize an equipment demo for her, as she wanted to set up one of her classrooms as a separate kids gym. But when she saw the children on our equipment she had an even better idea.

Lisa had been researching ways to incorporate Gross Motor facilities into her school but a lot of the play structures could not be accommodated into the classrooms as they were way too big and

took up too much space. But when she saw our equipment she saw the potential of incorporating 2-3 pieces into each classroom where each teacher had control of their own "Gross Motor Corner".

Most teachers are forever telling the kids to stop running in the hallways, and having a treadmill in the classroom, allows for them to "let off some steam" in a safe and controlled environment.

Not only did this option eliminate the need to tie up a complete classroom as a gym, but it allowed for each class teacher to actively control and supervise the equipment use.

As the equipment is easily portable, the school has the option to set up a gym indoors or outdoors for fundraising and after school activities, and to then put the pieces back in each classroom after using.



## Health & Nutrition Seminars

We appreciate how busy everyone's lives are, trying to juggle both personal and professional obligations is not always easy.

We get in from work or school and as one door closes, another one opens, and it's usually the door of the refrigerator, and it is often all too easy to opt for that less than healthy snack because it is quick and we don't have time to prepare something more nutritious.

As a result, we become less happy with our appearance as our waistlines increase, and it is very difficult to get out of that spiral of unhealthy eating and not taking any exercise.

So Aspen Fitness Inc. has taken some of the hard work out of it for you, and we have created our Health & Nutrition Seminars that give you as families, the resources to enable you to fit healthy eating and exercise into your daily routine.

We work with you to find a suitable location to hold our Health & Nutrition Seminar and we invite you, your children, and your friends and their families, to come listen to our presentation and watch our equipment demonstrations, and at the end of the evening, you will go away with valuable information and ideas on how to lead a more healthy and active lifestyle.

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## Health & Nutrition Seminars Continued from page 1

Program components can include, but are not limited to these shown below, and if you have any special requirements, or topics that you would like us to cover, then we will be more than happy to discuss this with your prior to the seminar, to ensure that you get the most from your evening and that you go away with not only brochures and literature, but tools useful and specific to you and your family.

### **Nutrition Education**

Interactive nutrition activities, which cover topics such as: Food groups, hunger and digestion, serving sizes, nutrients, fiber, healthy snack choices, fast food facts and media literacy. Handouts and recipe information that parents

and kids can do together.

### **Using The Equipment**

The kids, parents and teachers are shown how to use the equipment safely and how best to maintain it.

We illustrate the different ways it can be incorporated into the school curriculum and how parents can incorporate the equipment at home. By demonstrating the equipment it allows the kids to try it out and to see how much fun it is, and the parents and teachers get to see their reactions and how beneficial it is as a complement to activities the kids already do.

### **Family Involvement**

If your school runs regular PAC meetings and events, or fundraising nites, we can organize activities where the parents and teachers have to 'compete' against the kids in a fun fitness environment in the gym or in the school yard. What kid doesn't want to do better than or beat their parent or teacher?

It is a way to get the whole family and school involved and a way to make getting exercise incorporated into your daily activity so the kids see it as FUN

***Please contact us if you would like more information on our seminars and fees***

## Birthday Party Equipment Rental & Fundraising Events Entertainment



### **Do you want to add a new dimension to your kids birthday party?**

- We bring the equipment to you, fully assembled, and collect it from you afterwards
- Rental periods are for a full 24 hours so you don't have to worry about going over your allotted time and clock watching
  - We can even provide fun activities for the equipment if you want ideas of how to make your party more fun

### **Do you have a fundraising event and want us to provide an alternative entertainment option?**

- We can provide alternative entertainment options to your event
- The kids and parents get to participate in fun and informative exercise and nutrition segments offered throughout the day which run for approximately 15-20 minutes depending on your requirements and event format
- The parents go away with literatures, tips and ideas on how to incorporate these activities into their daily and holiday routine, and the kids get a certificate and/or badge with their name to prove that they are 'officially fitter' than they were when they came to the event
  - We can also tailor our segments according to your specific event and add in components that fit your needs

***Check out our website on our products page for equipment hire rates and fee schedules for event entertainment.***

Aspen Fitness Inc.

## New Kids Only Gym Opening in Winnipeg 2009

### My First Gym

An exciting new facility is opening in Winnipeg in 2009 entirely for infants, toddlers and preschoolers aged 0—8 years of age.

"My First Gym" will be offering a wide range of fitness classes for all children between the ages of 0-8, including infant massage, mom and toddler classes, GymKids Circuit Classes and more.

The classes will be structured, informative and fun for all.

The gym will have a coffee shop that serves healthy food and beverages, where mom, dad, caregivers, teachers, can sit and chat and watch the kids whilst they have fun and "work out".

We encourage schools to bring their classes here on field trips and for other organized events and parties.

The Winnipeg pilot location will be the first of it's kind here in Manitoba.

With Aspen Fitness Inc. being passionate about providing a full complement of products and services to our special needs children, it is also anticipated that a Multi Sensory Snoezelen Therapy Room will be added to the centre before the end of 2009.

**We are actively looking for feedback on our proposed project, and encourage you to join our mailing list to be kept updated of developments and to register your child to secure their spot.**

**So if you would like to be added to our mailing list please email : [myfirstgym@mts.net](mailto:myfirstgym@mts.net) and outline your level of interest along with the number and ages of your children.**

Fees and schedules will be posted soon and all spots will be allocated on a first come first served basis.

Discounts will be applied for families with multiple children registered and concessions available for special needs families.



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