

# THE LITTLE GYM'S NEW "THREE-DIMENSIONAL LEARNING" CURRICULUM GETS KIDS MOVING

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**SCOTTSDALE, Ariz. (October 2011)** – Capitalizing on more than 35 years of hands-on experience, early childhood research, and thoughtful parental feedback, The Little Gym has developed a unique curriculum based on a Three-Dimensional Learning approach. The three tenets of the curriculum are “Get Moving!,” “Brain Boost!,” and “Citizen Kid!” In each area, children are challenged to master new physical, emotional and life skills respectively.

The Little Gym focuses its three-pronged curriculum on early childhood research which shows that:

- Children who develop motivation for physical activity are more likely to continue healthy physical activity as adults.
- Children who develop their motor and physical skills demonstrate a greater level of school readiness and fared better in kindergarten.
- Curriculum-based parent/child classes help parents develop sensitive, appropriate responses to their child’s individual needs. Parents are able to discover their child’s individuality including his/her temperament, preference for physical contact, and even reactions to new situations.
- Children who consistently learn new and increasingly challenging motor skills are strengthening the neurological pathways in the brain and enabling more complex thinking and decision-making.

“Our program structure is designed to help children develop healthy habits and social skills that will benefit them for a lifetime,” said Bob Bingham, President and CEO of The Little Gym International. “Our focus is on fun, physical development. But along the way, children learn skills like listening, sharing, decision-making, problem-solving and creative expression.” The three tenets of The Little Gym’s Three-Dimensional Learning are:



**Get Moving!** Physical activities that burn all that boundless energy, plus build flexibility and strength, develop balance and coordination, and encourage agility, rhythm and overall fitness to launch a lifetime of healthy habits.



**Brain Boost!** Designed to expand the mind and develop a love of learning, these exercises foster sustained concentration and decision-making, prepare for or reinforce school lessons, and nurture problem-solving ability and creative expression.



**Citizen Kid!** These activities teach life skills like sharing, working in a group, patience, manners, listening and taking turns—all skills that translate to a well-adjusted, well-rounded superkid.

The curriculum also includes themed Learning Units that are both innovative and purposeful. Each multi-week Learning Unit focuses on developing a specific set of skills that lead to a natural progression throughout the Core Season, into the Summer Session and from one year to the next.

Today, children in more than 300 gyms worldwide experience the positive benefits of The Little Gym. While the curriculum focuses on outcomes that will help them to grow and develop a lifetime of healthy habits, the most important outcome is to help children become more confident, readying them for new challenges with proud smiles on their faces.

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