

Univera's FUN 2B FIT at Highland

Friday, 30 October 2009

On Wednesday October 28th Univera Healthcare's FUN 2B FIT Program energized the third grade students and teachers at Highland Elementary School. The students participated in a lively 45 minute workout ,led by a fitness instructor, developed especially for kids that incorporated easy, fun dance moves and stretches.

During the workout they also learned about various body muscles and their function. The importance of physical activity was stressed along with how fun and easy it can be to do at home with family members.

The program is aligned with New York State Standards and encourages elementary students and their parents to make healthier lifestyle choices.