

Mp3 Funfit - Jiggles & Giggles



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A sing-along, move-along active CD that provides hand-clapping, foot-stomping, jumping and marching fun for the whole family. 11 MP3 Songs in this album (19:05) ! Related styles: KIDS/FAMILY:

Sing-Along/Interactive, KIDS/FAMILY: Kid Friendly People who are interested in Raffi The Wiggles should consider this download. Details: The Problem is that Childhood Obesity is not just on the rise, it has become an epidemic and a national emergency! Funfit is working to change all of that through fun, family inclusive programming designed just for kids! Funfit was created by 2 Maryland sisters, Celia Kibler and Maddi Cheers in 1987. Celia is President of Funfit, Inc. and manages all operations, programming, as well as teaches many of the classes offered in Maryland/Washington DC metro area. Celia is Certified by NESTA/PACE in personal training for kids, by IFA in Sports Nutrition, is a Level 3 Radiant Child Yoga Certified Instructor and a certified Laughter Yoga Leader and holds a BS from the University of Maryland, College of Human Ecology. Funfit grew out of Celia Maddi's wish to develop a program for kids that would fulfill the need for physical activity in a society that only rewards children and adults that are gifted in a specific sport. Being "the last picked for teams" themselves, Celia and Maddi decided there had to be a better way. The Funfit program was created to promote healthy lifestyles and battle the increasing epidemic of childhood obesity. Activities de-emphasizes competition and emphasizes the importance of fun and play, thus creating a desire for kids and families to maintain a healthy and active life-style as they grow. The family fitness concept was developed because of the need for families to begin incorporating regular exercise into their schedules, promoting a healthy lifestyle for their children to follow. Parents are our children's strongest role models and the Funfit program includes the parents in every class. Parents are rewarded with a heart-healthy workout while participating with their kids. The JIGGLES GIGGLES CD is a fun, active way for you and your children to enjoy Funfit at home. All songs promote singing and

activity. Bodies can move along, voices can sing along, in your car, in your living room and in a half hour you have worked out, stretched out and let your voices hang out as a family. What fun! Look for our upcoming DVD that will compliment this CD due to be released by the end of the year. Buy this CD today and discover as a family how much fun fitness can be!

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