



## Your Whole Community Benefits!

When you implement Recess Rocks programs, you help create a continuous circle of benefits that nourishes your community.

- Schools that hire movement instructors help support the local economy.
- Movement instructors heighten children's awareness and desire for fitness and learning, as well as help improve their physical condition.
- Children have more energy and excitement for their schoolwork.
- Teachers feel more inspired by their students' enthusiasm and the engaging tools Recess Rocks provides to enhance their teaching experience.
- In turn, teachers increase the learning level in their classrooms, which has a positive impact on the dynamic energy and well-being of the school.

*Recess Rocks is a program of Community Health Center, Inc. (CHC). CHC has a long history of providing health services—including obesity prevention—to communities throughout Connecticut and is thrilled to serve the national community through the Recess Rocks program.*



To learn more and launch Recess Rocks programs in your school, please call

**860-852-0830**

or visit our website at

**www.recessrocks.com**

and check us out on



<https://www.facebook.com/pages/Recess-Rocks/141780742509869>



<http://twitter.com/RecessRocksCHC>



Scan for more info!

*Recess Rocks is a program of the*



635 Main Street, Middletown, CT 06457

[www.chc1.com](http://www.chc1.com)

Facebook/CHCInc

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# LET'S MOVE KIDS TO HEALTH!



Teaching school kids  
fun, creative moves for  
better health!

# Reverse childhood obesity and enhance learning with Recess Rocks®

A dynamic movement enrichment program for elementary school children, Recess Rocks brings fun, low-cost, non-competitive exercise and kinesthetic learning into recess periods and the classroom.

**Want to learn more?**  
**Jump onto RecessRocks.com or call 860-852-0830 today!**

## Recess Classes

*Energize kids with upbeat music and a variety of exuberant, nonstop moves.*

## Active Classroom

*Rocket kids' academic success with:*

- **Lesson Plan Tie-Ins/Express**—Enhance concentration, memory, learning, test prep and more.
- **Subject Switchin'**—Smooth transitions and increase focus.
- **Class Time Moves**—Boost energy and brain power.
- **Hallway Grooves**—Create fun, silent energy outlet!

## Celebrations!

*Special occasion coming up? Cheer your school community with spirited sounds and grooves!*

## Teacher Workshops

*Help students achieve a love for healthy, active learning and watch their confidence soar.*

## Movement Instructor Training

*Join the Recess Rocks team and inspire children's fitness with our creative moves!*



Learn how we create tailor-made programs to meet your needs. Contact us today!

# RECESS! ROCKS!

## Integrates seamlessly into your school day

Perk up lesson plans, alter class focus, recharge kids' energy—with Recess Rocks moves, there's no need to carve out extra time!



## Get your FREE online Recess Rocks toolkit

Visit [RecessRocks.com](http://RecessRocks.com) and launch your school's fitness enrichment program today!

### Implementation Guide

*Instructions, tips and sample classes ensure Recess Rocks success.*

### Movement Classes

*Ready for new challenges? Free detailed classes keep up the pace.*

### Flyer

*Create buzz around school, communicate with parents—tell everyone Recess Rocks is coming!*

### Completion Certificate

*Celebrate achievements and special days with this colorful certificate.*

### Evaluations

*Your feedback is important so please complete these easy-to-use forms!*

**Get a Move On!** Help children get their daily dose of vigorous physical activity! Weaving together aerobic movements—from kickboxing to tae kwon do, swing to African drumming, and tai chi to yoga—with buoyant musical beats, Recess Rocks sustained movement classes: get kids fit, sharpen young minds, encourage natural “feel-good” energy, build self-esteem, improve discipline and nurture lifelong healthy habits.

To learn more and launch Recess Rocks programs in your school, call 860-852-0830 or visit [RecessRocks.com](http://RecessRocks.com)