

- Monthly Cost:** \$40 due on the first class day of the month
- Big QUARTERLY Savings*:** \$102 for 3 months = \$120 - \$18 quarterly discount!! (*must be paid on time each quarter)
- Sibling Rate:** \$120 for 2 months for 2 kids (2nd child 50% off)
- Quarterly Sibling Savings*:** \$162 for 3 months for 2 kids (includes \$18 discount; *must be paid on time each quarter)
- Staff Child Rate:** \$40 for 2 months per child (50% savings)
- Quarterly Staff Child Savings*:** \$51 for 3 months per child (includes \$9 discount; *must be paid on time each quarter)

Child's Name: _____

Age: _____ Birth Date: _____

I wish to enroll my child in the **Stretch-N-Grow Fitness Program** being conducted at:

_____ (Child Care Center or Recreational Facility)

My child's classroom or teacher is _____

I understand that **Stretch-N-Grow** tuition is due on the first class day of the month and I acknowledge that invoices are sent by e-mail only. I understand that a \$10 late fee will be added for payments made after the 10th of the month. I agree to pay for my child's participation, regardless of absence, until I inform Stretch-N-Grow in writing, by email or by phone message of my child's dropped enrollment.

Occasionally, photographs or videos of classes are used for local or national marketing purposes (an example would be placing class photos on the future website for Stretch-N-Grow of Southeastern NC). If you **do not** want your child's photograph or video used, please check box. (Names are never disclosed without specific parental permission.)

Parent/Guardian Signature

Date

Parent/Guardian Printed Name

Address: _____

Telephone: _____

E-mail: _____

Kids need to Stretch-N-Grow! Here's what the experts say!

- ⊕ Obesity has doubled among children over the past 20 years. The rapid rise is due to **decreased physical activity** and increased sedentary activities such as watching television and playing computer and video games. (National Association of Sports and Physical Education, 2002; American Academy of Pediatrics, 2000, Centers for Disease Control & Prevention, 2001)
- ⊕ 40% of twelve year-old children display heart disease risk factors (i.e., obesity, hypertension, high cholesterol, and inactivity). Physical inactivity is a major contributor to these conditions. (American Heart Association, 1996, 2002)
- ⊕ Children involved in regular exercise earn better grades and have better social skills than those who are not. Studies show that children who score well on standardized tests also have more favorable body composition and cholesterol levels. (American Journal of Medical Science; American Psychological Assn.)
- ⊕ For the first time in 100 years, children have a shorter life expectancy than their parents due to the epidemic of obesity. (Baylor College of Medicine, 2002)
- ⊕ Health and sports authorities recommend that toddlers accumulate at least 30 minutes daily of structured physical activity, and preschoolers at least 60 minutes, along with up to several hours of unstructured physical activity. (National Association of Sports & Physical Education, 2002)
- ⊕ "Stretch-N-Grow Stars shine bright, cuz they eat right. They're neat and clean. They're nice, not mean. They get their rest to feel their best. And they have an attitude that's oh so good. And they exercise with all their might!!"
(Sung by thousands of happy, healthy Stretch-N-Grow Stars since 1992)

For additional information, contact:

Stretch-N-Grow of Southeastern NC
stretch-n-grow@ec.rr.com
(910) 343-9297



**FABULOUSLY
FUN
FITNESS
For**

**Happy, Healthy
Kids!!**

We make fitness

EXERCITING!!!