



KINESTHETIC CLASSROOMS & DESKS



LET'S CHANGE THE WAY STUDENTS LEARN!



The average child is in a sedentary position 4.3 hours during a typical school day. They are bored, unengaged and can't wait for recess. Teachers are frustrated with their student's lack of motivation, focus and cooperation. Since when did this scenario become an average day in the classroom? Kids are meant to move! When their bodies are in motion their brains are able to perform at optimal levels. Research has shown that kids who engage in physical activity do better in school.

According to Dr. John Ratey exercise optimizes brain function in 3 distinct ways:

1. Physical Activity makes the learner ready to learn by increasing attention and motivation and decreasing stress and anxiety.
2. Exercise creates an environment within our brains to make our neurotransmitters ready to encode and change in response to learning.
3. Exercise promotes the growth of new brain cells in the brain. When students exercise it promotes brain cells within the hippocampus to change and become brand new nerve cells.



THE IMPACT



* HOW DO YOU KNOW THERE IS A CONNECTION BETWEEN THE EXERCISE AND HIGHER TEST GRADES?

"A lot of studies have now been done on lots of different populations showing that if you do exercise, lets say for 20 minutes on a treadmill, just walking, that kids in grade eight lets say, scored 10-15% better after they had their walk than the same group before (their exercise), so they improved their ability to take the test." -Dr. John Ratey

* ANY NOTICEABLE CHANGES IN BEHAVIORAL PROBLEMS?

"The biggest bonus we have seen is behavioral improvements. The first thing we see in the first 4 months of switching to an everyday program where all the kids are moving 45 minutes a day, they see a tremendous plunge in disciplinary problems. In Kansas City they saw a 63% drop in the elementary school in the first year, in Charleston, South Carolina an 83% drop in the first 4 months compared to year to year."- Dr. John Ratey

KC-10 BASIC BALANCE DESK



The **Basic Balance Desk** is our most versatile piece of equipment as it is simple to use while engaging students with purposeful movements. Students use flexion and extension to propel the balance board forward and backwards while engaging in classwork on the large built in desk. *Shown with optional pivoting Ipad or Kindle holder for interactive power points and lesson plans.

Ages: Available in Elementary, Middle School & High School Sizes.

Weight Limit: 250lbs.

Dimensions: 24"x30"

Shipping Weight: 110lbs.

KC-15 STAND-N-SWAY



The **Stand-N-Sway Desk** offers pivoting foot holds and a swinging platform for lateral motion. Comes equipped with full desk including pencil rest, and built in pivoting arm to facilitate visual stimulation.

*Shown with optional Ipad or Kindle add-on. Unit is completely portable & comes with rubber foot caps to prevent scratching.

Ages: Available in Elementary, Middle School & High School Sizes.

Weight Limit: 250lbs.

Dimensions: 24"x30"

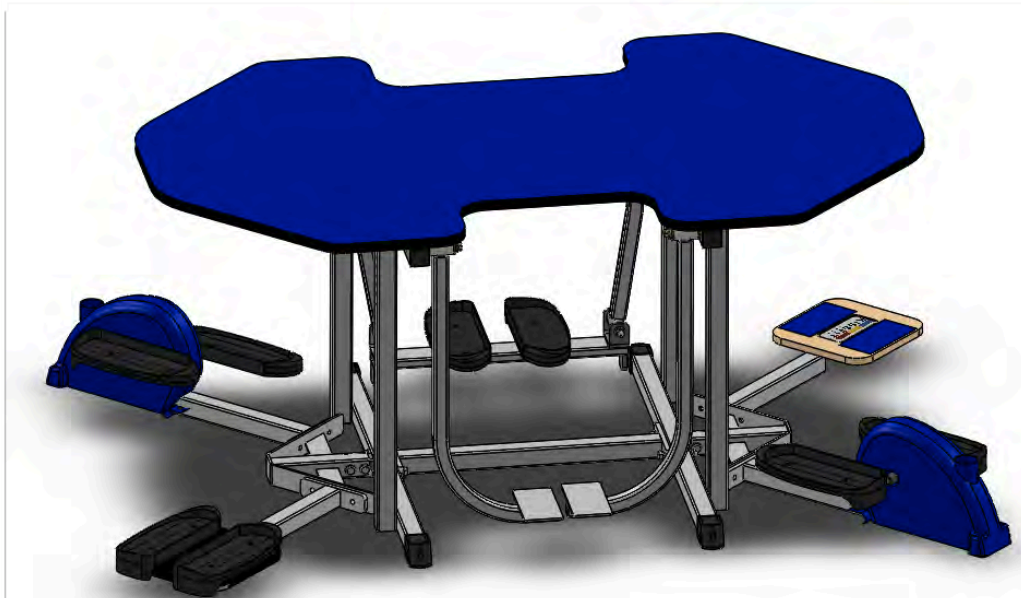
Shipping Weight: 150lbs.



"My special needs students became engaged in learning while using this equipment."

www.kidsfit.com

KC-6 SIX PERSON DESK



*ALSO
AVAILABLE
IN ADULT
SIZES



"I started off using the desk just in one classroom, but was pleasantly surprised how easily I could move it from room to room. Now I use the desks throughout the school with all of my students!"

KC-4 FOUR PERSON



KC-30 KNEELING DESK



The **Kneeling Desk** creates a rotational movement as students engage trunk muscles to propel the kneeling pad from side to side. Comes with built in wheels for easier portability. *Also available with add-on Ipad or Nook and display case.

Ages: Available in Elementary, Middle School & High School Sizes.
Weight Limit: 250lbs.
Dimensions: 24"x30"
Shipping Weight: 125lbs.

KC-35 PEDAL DESK

The **Pedal Desk** takes the fun of a bicycle and brings it indoors! The simple and smooth pedal desk is a favorite amongst students as they pedal their way to success! Comes complete with scratch resistant rubber feet and wheels for portability. *Also available with add-on Ipad and display.

Ages: Available in Elementary, Middle School & High School Sizes.
Weight Limit: 250lbs.
Dimensions: 24"x30"
Shipping Weight: 110lbs.



"What impressed me almost as much as its effectiveness on the students, was how quiet and unobtrusive this equipment was in my classroom."

KC-40

ELLIPSE DESK

The **Ellipse Desk** takes the motions of the elliptical and makes it student sized. Its gliding motion allows students to smoothly accelerate forward using the lower body while being able to complete tasks on the ample work space desk. *Shown with optional Ipad and display.

Ages: Available in Elementary, Middle School & High School Sizes.
Weight Limit: 250lbs.
Dimensions: 24"x30"



"I was concerned the equipment would be a distraction in the classroom, but was pleasantly surprised to find that not only was it not a distraction, but it actually helped my class run smoother! It also helped the normally distracted students!"

KC-20 STANDING STEP DESK

The **Standing Step Desk** is a resistance based movement which allows the body weight of the individual student to switch from left to right. It's controlled, deliberate motions create an outlet for students while still allowing them to focus on classwork on the custom sized student work desk. Optional pivoting arm with Ipad, Nook or kindle is available as an add-on feature.

Ages: Available in Elementary, Middle School & High School Sizes.
Weight Limit: 250lbs.
Dimensions: 24"x30"
Shipping Weight: 125lbs.



KC-46 SEATED MOTION DESK

The **Seated Motion Desk** swings front to back and allows students to stretch the legs by alternating flexion and extension movements. The calming rocking motion of the desk allows students to constantly be stimulated while maintaining focus on classwork.

Ages: Available in Elementary, Middle School & High School Sizes.
Weight Limit: 250lbs.

KC-70 MOONWALKER DESK

The Moonwalker Desk has made great strides in the classroom. Students place feet onto swinging foot hold and stride back and forth while writing, reading and learning. *Shown with optional Ipad and pivoting display case. Ages: Available in Elementary, Middle School & High School Sizes. Weight Limit: 250lbs. Dimensions: 24"x30" Shipping Weight: 150lbs



ABOUT KIDSFIT

Kidsfit was established in 1999 with the dream of one day impacting the lives of thousands of kids. Today that dream has come true as we have products all over the country and around the world. Our latest passion is pairing movement with learning. That's why we created our Kinesthetic Classroom Product Line. Each product is built with the individual student in mind. We believe that health and education are two of the most important things we can pass down to younger generations. Thanks to you, we are able to produce products that make a difference in the lives of students everywhere. At Kidsfit we have one goal - "Motivate Kids to Move!" It is our passion and our life work. We are genuinely excited to partner with you to bring active, healthy, well balanced exercise to classrooms everywhere!

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