

# Motion Evolution youth fitness program scholarships to be awarded by MEGA Fun and Fitness children's center

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Individual parents, caregivers, or Community organizations may apply for these scholarships on behalf of a child by contacting: **Amy Fringer at 248-344-9344 or Mega@Mega-gym.com.**

Twenty (20) scholarships will be made available for the time period June 1, 2010 through August 31, 2010. Recipients of the scholarships will be children ages 5-13.

MEGA Fun and Fitness, an Educational, Entertainment and Sports Instruction facility located in Novi, Michigan has been granted the area's first license to conduct youth fitness classes under the international Motion Evolution banner.

In conjunction with the national health initiative "Let's Move," spearheaded by First Lady Michelle Obama, the Motion Evolution program features a practical, progressive approach to improving children's fitness attitudes for a lifetime. In Michigan, many communities are combining resources to follow the Let's Move lead. MEGA Fun and Fitness believes that physical fitness and movement is an important part of the activities of daily living for all children. The Motion Evolution program provides the specific curriculum, logistics and marketing details to achieve its goals.

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“ **Motion Evolution is the most detailed and complete children's fitness program ever assembled. It will substantially improve children's fitness attitudes in the current generation!** ”

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evolution**



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The program is administered by a distinguished group of children's activity specialists, headed by Frank Sahlein, founder of Motion Evolution, who licenses these and other materials to children's activity centers all over the world.

"We must improve the fitness awareness and physical literacy of our youth," said Sahlein. "The difference in the Motion Evolution program is that the physical skills are balanced with the mental and emotional aspects so that *the whole child is considered right from the very start.*"

Each week, students are taught a new lesson created by the Motion Evolution curriculum team. Licensees have the freedom to adopt several variations of the curriculum to their own unique communities. "The only criteria that Motion Evolution uses are individual best," said Sahlein. "The children are encouraged to improve, of course, but at the pace and style that best suits their personal growth rate."

The Motion Evolution program includes physical, mental and nutritional components to create a well-rounded approach to fitness. MEGA Fun and Fitness is proud to bring this program to the City of Novi!

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