

Did you know that **none** of the world's writing systems were designed for the active way young children learn?

Generations of audio-visual, fine-motor taught alphabet writing tools, originally intended for **adult** learners, began slowly changing the way brains and bodies would grow, communicate, learn, feel, and behave when learned by young learners.

Alphabet Fitness addresses this educational consequence. Designed to offer the field of early child education a more 'whole child' early alphabet learning experience, Alphabet Fitness:

- INFUSES playful alphabet learning and fitness into early child education through specially designed, and more anatomically appropriate, fitness fonts for children.
- DEMONSTRATES innovative Alphabet WorkOuts and Yoga-like ABCs for letter stretching activities which can be playfully adapted to the different sizes and shapes, motor abilities, and language backgrounds of children, parents, *and* their educators!