



# **Fitness for Life: Elementary School Wellness Sign Pack**

*Charles Corbin, Guy Le Masurier, Dolly Lambdin, Meg Greiner*

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The *Fitness for Life: Elementary School Wellness Sign Pack* contains all the health-promoting signs you need when implementing the *Fitness for Life: Elementary School* program. The full-color signs are printed on 80-pound gloss cover stock, which allows you to reuse them each year and save money on printing costs. The pack includes *Fitness for Life: Elementary School* signs divided into these groups:

- The ABCs of Physical Activity
- The ABCs of Nutrition
- Active playground signs
- General wellness, nutrition, and activity signs

The *Fitness for Life: Elementary School Wellness Sign Pack* offers a portion of the signs included in the full *Fitness for Life: Elementary School* package. This pack will help you with the printing costs each year and allow you to deliver the themes and messages of each Wellness Week.

What is *Fitness for Life: Elementary School*?

The award-winning *Fitness for Life* middle and high school programs now have an elementary school companion program. *Fitness for Life: Elementary School* is an innovative multimedia program that facilitates total-school involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, and family nights to deliver appropriate physical activity, plus concepts to promote health-related fitness and active lifestyles. *Fitness for Life: Elementary School* was developed by nationally and internationally recognized leaders Charles B. “Chuck” Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner. The program has been field tested and is based on the most current research and standards regarding health-related fitness, activity, wellness, and nutrition.

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