

## What We Do

iGame4 achieves maximum results by working with physical education teachers and certified personal trainers to develop a curriculum using activity based video games that are fun, active and educational. iGame4 offers various packages in which activity based video game stations are set up in a large multi-purpose area. During an iGame4 program, children rotate through up to twelve stations while heart rates and calories burned are anonymously tracked. Each station features a 100" screen, projector, data tracking devices, video game system and an activity based video game. Our program improves endurance, flexibility, balance and the overall fitness of children. Heart rate and calorie counting results from the program prove that the classes are not only fun, but challenging too. Stations may include large group instruction, boxing, canoeing, tennis, dancing and baseball, as well as a safety and sanitation station. The iGame4 program accommodates all grade levels, special needs students and meets New York State Physical Education and Health Learning Standards.



## Who We Are

All of us at iGame4 are dedicated to life long fitness and a healthy lifestyle. We are a family owned and operated corporation that includes teachers, parents, fitness trainers and business professionals. We realize children love to be active, they just need proper motivation - so we came up with a unique idea that encourages children to become physically fit and have fun doing it. At iGame4, we have a passion for both exercise and activity based video games so combining the two seemed like the perfect solution. We are all proud to be part of iGame4 and hope to have continued success making a difference in the lives of children across the country.



iGame4 promotes physical fitness and a healthy lifestyle among children by integrating activity based video games into school curricula. iGame4 makes fitness fun with a program that will motivate children to be active both in school and at home.

## Why We Do It

At iGame4, we feel the best way to get children excited about fitness is to introduce them to exercise routines they will love involving activity based video games. Expanding on a trend started by the video game industry, we decided to develop a program using activity based video games to promote fitness in an educational setting. iGame4 recognizes the need for a healthier lifestyle among children. According to the U.S. Department of Health and Human Services, positive experiences with physical activity at a young age help lay the foundation for being regularly active throughout life which<sup>1</sup>:

- Promotes health and fitness
- Builds healthy bones and muscles
- Reduces the risk of obesity
- Reduces risk factors for diseases such as type 2 diabetes and heart disease
- Is associated with lower levels of stress, anxiety and depression
- Positively affects concentration, memory and classroom behavior among adolescents<sup>2</sup>
- Improves standardized test scores<sup>3</sup>



## Contact Us

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