



Revolutionising  
the way schools  
can promote  
a healthy and  
active lifestyle.

To view a demo  
and for more  
information please  
visit our website  
[fitterfuture.com](http://fitterfuture.com)

## WHAT IS FITTER FUTURE?

- ✓ 10 x 10 minute workouts.  
All easily accessed online
- ✓ Easy to follow three tier  
differentiation in every  
workout
- ✓ Free access for children to  
use from home with bonus  
monthly challenges
- ✓ New workouts added  
throughout the year
- ✓ designed for use in the  
classroom, at lunch / break  
or during PE
- ✓ Increase fitness levels and  
understand importance of living  
a healthy and active lifestyle

## HOW IT WORKS FOR YOUR SCHOOL

→ **What is the purpose of Fitter Future?**  
Fitter Future has been designed to raise fitness levels of children around the country as well as increase awareness of the benefits of leading a healthy and active lifestyle.

→ **What is included?**  
Every class in your school gets complete access to 10 different 10 minute workouts. More workouts are added throughout the year and all accessible online. Every child in your school will also get free use to the site at home.

10 x 10 minute workouts

Three tier differentiation

Accessible online across all platforms

Free home use for children of your school

Can your school really be without Fitter Future?

→ **How often do you complete a workout?**

Every class can use this differently. Do one a day, one a week or run your own club full of workouts. The workouts can take place in a classroom, hall, playground or field and can be used either at the start of the day, during break or lunch, as part of a PE lesson or at the end of the day.

→ **How are workouts inclusive for differing abilities?**

We have included three tier differentiation into every workout to cater for all abilities. This allows children to work at their own level throughout the workouts.

→ **Won't children get bored?**

10 different workouts, monthly challenges and new workouts added throughout the year children will find themselves constantly motivated. Workouts are designed to test all abilities.

→ **What are the other benefits?**

Children will also learn what it feels like to raise your heart rate for 10 minutes. Completing a workout also gives you that first sense of self satisfaction and reward. Additionally there are numerous studies to link exercise with brain development.