



FootGaming and Teacher Wellness Program

FootGaming and **Generation FIT** are the leading solutions for integrating exergames that provide movement, fitness, balance, eye-tracking and increase **ACADEMIC SUCCESS** throughout the school day in grades 3-12

Generation FIT's TEAM e3 is led and managed by students, there are no lesson plans to write – empowered students save teachers time. For the first time, fitness benefits and academic success can occur simultaneously:

Research backs ExerLearning: For more go to www.footgaming.com/Schools

TEAM e3 students are being trained to mentor their teachers. This mentoring includes:

1. Supporting teacher use of FootGaming solutions as a **choice** instead of snacking or smoking during break, planning or lunch time.
2. Students learn how to support their teacher-mentees' goals
3. Goals may include: added at-school exercise opportunities to increase fun, fitness, weight loss, energy and productivity
4. If a teacher is trying to lose weight the student mentors can show how to use FootPOWR logging tools to track miles and calories seamlessly during game play
5. If a teacher is trying to quit or reduce smoking, the student will teach how to use the active video games as a distraction and choice at times when a cigarette might be the existing habit

You can imagine the personal value to the students why **they TEACH and MODEL these messages**. The more the message is personalized and “owned” by the students the more likely they are to implement those choices in their lives. Contact footgaming@gmail.com for more information.

