

Join Our “Exercise While You Relax” After School Program Now!! For Irving Campus Public High School



Students sit in a chair in groups and do breathing and dynamic tension exercises for 15 - minutes a day which is great for every activity and sport

- *Students focus and concentration will improve - better grades
- *It lowers blood pressure - relaxes the students
- *After 2 weeks it improves self confidence and builds friendships
- *This program serves the needs of teens such as depression, isolation and weight gain
- *Creates community leadership

As a bonus, we video conference sessions with other schools which opens up unlimited possibilities. To incorporate business into the program, I will be offering a certification course by Spindel Sports Academy called “Exercise While You Relax.”

Those that complete 150 hours of training and a practical exam will be able to teach Exercise While You Relax at other high schools.

- *Follow my proven 9 week starter program. October 15 - December 15
- *The cost for me to administer is 3 hours a day, 5 days a week, 15 hours a week @ \$45 per hour is \$675 a week
- *\$6,075 total for 9 weeks

**This program will help so many students across a broad range, that I am willing to volunteer 4 weeks of my time as the test period in hope upon its success, ExpandedED will fund the program for the balance of the 2018-2019 school year.

*I am a black belt in Hapkido (1977) and a black belt in Brazilian Jiu Jitsu (2015) and performing these exercises since 1997 when I published my first tutorial “Exercise While You Relax” with my 74 year old father as the model

Thank you,
Allen Spindel