

The Randirobics™ Kids Club

Combating childhood obesity one school at a time! Everything in life is possible! Together, we can make it happen!

Join Randi Chenkin, creator, host and children's fitness personality in an interactive, educational fitness entertainment program. This magical forty minute exercise adventure blends children's low impact aerobics routines with easy to follow original sing-along lyrics, choreography, music and fitness games packed with a lot of out of this world fun that get kids moving and grooving. Randi also enjoys performing her original songs for kids that features various styles such as pop, dance, hip-hop and ballads.

The Randirobics™ workshops and residency programs develop leadership and social interaction skills as well as builds their self esteem and confidence. They help to create an awareness of the benefits of leading a healthy lifestyle and are suitable for children that are challenged by various disabilities. Randi promises to excite children about moving their bodies and staying fit. Her original choreography, catchy songs, energy and motivational techniques all result in an electrically charged audience participation workout. Parents, teachers, principals and community leaders are all very excited about partnering with Randi to combat childhood obesity. Her program provides a practical and enjoyable solution to America's obesity epidemic.

Randirobics™ is a BOCES accepted Arts and Ed program that supports The New York State Standards for the Arts, Standards #1 and #3.

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