



The American Council on Exercise offers this distinction: “Physical activity is movement that is carried out by the skeletal muscles that requires energy. In other words, any movement one does is actually physical activity. **Exercise**, however, is planned, structured, repetitive and intentional movement intended to improve or maintain physical **fitness**.” Jun 3, 2015

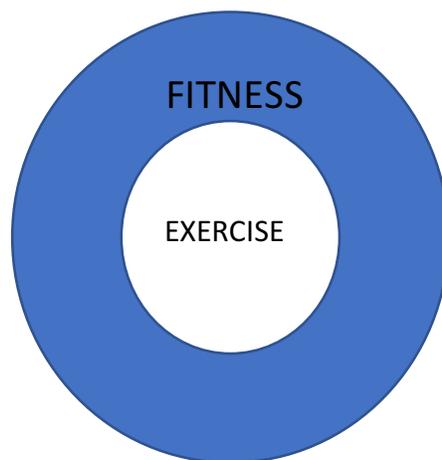
As I see it then, there is a progression that heads us in the direction of wellness. It is the STATE of being, in all areas of our lives. Some of the questions I have explored with the kids in summer camp over the last 11 years have included the following:

- Why is stretching important?
- How does our breath go through the body? Does it stop in the lungs or does it keep going?
- Can different foods change the way your body feels?
- What are the lifestyles of the strongest creatures in the animal kingdom?
- Why do animals that eat raw meat need to sleep so much?
- Can visualization help you do better in a sport?

One of my ongoing goals is to offer questions that **at least have the children think** about their overall wellness.

Is Grapplin’ Gorillas then just a wrestling program, or is there something more to it? As a full-time educator, I have spent the last twenty years learning how to connect with children in an academic setting. That is, I always consider how they think, learn, and interact. I have spoken with the owner of one of NYC’s biggest youth fitness programs. At one point, I considered becoming a franchisee of his company. In that conversation, he offered that “the best franchisees for youth fitness companies are educators, because they really understand children”. In this program, and the summer camp in particular, I strive to offer the kids an experience that goes beyond fitness. We achieve this by offering instruction in a great sport, innovative games, a dance experience to satisfy the child’s need for art, plus deep breathing and stretching.

## WELLNESS



So, what is Grapplin’ Gorillas? It is a program that uses wrestling and fitness to promote wellbeing for kids!