

Green Ribbon Week



Presented by the Lang Ranch PTA
Nutrition & Wellness Committee

Our 4th Annual Green Ribbon Week is here!

We have some great activities planned to keep our Wranglers moving, so make sure to catch as many as you can. Look for our Nutrition & Wellness Committee table with the green balloons at our lunchtime events, starting Monday 3/15. Stop by and check out the fun things we'll have going each day on the playfield and make sure to wear your special GRW bracelets to show your support. All the Wrangler's who participate in our lunchtime activities will be entered to win fun prizes in our after school prize drawing, which will take place at the outside lunch tables at 2:30 on Friday, 3/19. Every time the kids attend a lunchtime activity during GRW they will get to enter their name and increase their chances of winning. Here's our schedule of activities for the week- see the next page for detailed descriptions:

Green Ribbon Week 2010 Daily Lunchtime Activity Schedule:

MONDAY- Wrangler Boot Camp hosted by Aly Covington of Future Physique

TUESDAY- ZUMBA Fitness hosted by Rachel Moreno of Overall Fitness

WEDNESDAY- Pilates Day hosted by Emily Belanger of Strong Body Studio, Agoura

THURSDAY- Gymnastics Day hosted by Monarchs Gym- Newbury Park and Agoura

FRIDAY- Karate Day hosted by United Studios of Self Defense- Thousand Oaks

Other Events During Green Ribbon Week

WALK TO SCHOOL DAY: Friday morning, March 19th.

FAMILY HEALTH CHALLENGE: We've put together a fun week of challenges to get the whole family eating healthy and moving their bodies. If you missed it last year, make sure to try it this year!! Check out our Nutrition & Wellness page on the PTA website to find out all about it! (Just log on to www.LangRanchpta.org and click on "Other PTA Services", then 'Nutrition & Wellness'.)

Parents are welcome to come by and join in the fun! If anyone would like more information about our activities, please contact Debbie Aleman at 805-796-3119.

Green Ribbon Week



Green Ribbon Week Lunchtime

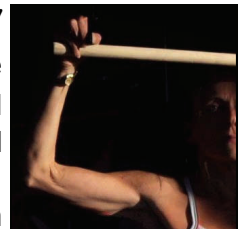
Activity Schedule:

Monday: WRANGLER BOOT CAMP Aly Covington of Future Physique (and her helpers from the N & W committee) will be taking your kids through several drills and exercises that will teach them the basics of fitness. If your child can jump, run and shuffle then they will love working in this fun environment where they will learn a fun way to get fit! No heavy weights or complicated movements here, just basic exercises and fun equipment to keep your child active and energized.

Tuesday: ZUMBA Fitness Rachel Moreno, owner of Overall Fitness will be teaching fun ZUMBA choreography designed especially for kids. ZUMBA is a dance fitness format incorporating steps such as the Salsa, the Cha Cha, the Merengue and more. Kids will enjoy the energetic music and discover that dancing is a wonderful way to exercise. ZUMBA enhances memory, coordination, balance and musicality. **Join the party!**



Wednesday: PILATES DAY hosted by Emily Belanger of the Strong Body Studio in Agoura. During Pilates Day we'll learn what Pilates is and how to find your core by doing such exercises such as Hundreds, Cat Stretch, and Core Strengthener. We will have fun while doing exercises to enhance flexibility, focus, and body awareness. We'll learn about listening to our bodies while also learning about the fitness "diet" of cardio, strength training and flexibility. (Parents are welcome to join their kids during this fun event!) *See next page for a special offer for Lang Ranch families!



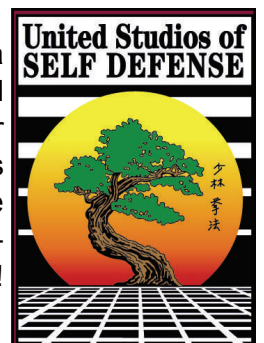
Thursday: GYMNASTICS DAY hosted by Monarchs Gym- locations in Newbury Park & Agoura. Coaches from Monarchs Gym are back for their second year of hosting GRW and will be out on the playing field guiding our Wranglers through a variety of tumbling and gymnastic movements. Don't worry if you haven't tried tumbling before- Gymnasts and non-gymnasts are guaranteed a rip roaring good time!



Friday: KARATE DAY hosted by United Studios of Self Defense- Th. Oaks

United Studios of Self Defense will lead the children of Lang Ranch Elementary through a variety of exciting and important Martial Arts techniques geared towards awareness and self defense. With the versatility of their Shaolin Kempo system combined with their proven methods of professional instruction, U.S.S.D. educates thousands of students nationwide everyday on how to live safer and healthier mental and physical lives. The LRE students will be introduced to exciting basic movements that will cumulate into a well-rounded and complete self defense technique! Participation is encouraged from all!

*See next page for a special offer for Lang Ranch families!



Green Ribbon Week



United Studios of Self Defense invites all our Wranglers to try free Martial Arts training! Check out their studio in the Janss Mall near the movie theatres. This is the third year that United Studios of Self Defense has generously volunteered to host Karate Day for Green Ribbon Week! Thank you so much for their continued support in keeping our Wrangler kids active and healthy!

In Complete Support of GREEN RIBBON WEEK
United Studios of Self Defense - Thousand Oaks
Invites All Lang Ranch Elementary Students To Experience

THE MAGIC OF THE MARTIAL ARTS



2 FREE WEEKS!!!
ENROLL DURING YOUR FREE TRIAL PROGRAM
AND RECEIVE A SPECIAL DISCOUNT FOR LRE STUDENTS ONLY!!!

Call or Stop In Now
To Schedule Your First Training Session!

(805) 497-0170

235 N. MOORPARK ROAD STE. F THOUSAND OAKS, CA 91360

Professional Private And Group Instruction For Men, Women, And Children

NEW THIS YEAR... PILATES DAY with the Strong Body Studio!

the STRONG BODY STUDIO, LLC the premiere studio for Pilates and fitness in Agoura, offers this special for Lang Ranch Elementary School! Mention Lang Ranch or bring in this coupon to receive a two-for-one value:

Two months at \$99.00 or Two Free Private Sessions with a package of ten sessions.

<http://www.thestrongbodystudio.com>

818-309-9856

5321 Derry Avenue, Ste. J
(across from Monarchs Gymnastics)
Agoura Hills, CA 91301

