



## KEY FEATURES

- Get Kids Moving** — Activities take 10-15 minutes and get students up and moving for brief classroom breaks.
- Personal/Social Themes** — Books reinforce four themes, such as respect for others and cooperation.
- Nutrition Themes** — Messages about variety, fruits/veggies, healthy snacks, and food safety are included.
- Animation and Music CD** — A CD (included with purchase of each Fit Bits book) can be used in the computer for viewing animations of activities or played in a CD player for music to accompany activities.

Each 8½" x 5½" Fit Bits book has forty 10- to 15-minute activities targeted at a single grade. Twenty activities for each grade target personal/social skills and twenty focus on nutrition messages. Kindergarten, first and second grades emphasize **following directions, best effort, cooperation and compassion for others** with five activities per theme. Third, fourth and fifth grades focus on **self-control, respect for others, responsibility and constructive competition**, also with five activities per theme. The nutrition activities in each grade encompass **variety/trying new foods, fruits/vegetables, healthy snacks and food safety**.

Description	Unit Price (circle one)		Qty	Total Price
	book & CD	book, CD & posters		
Kindergarten	\$50	\$80		
Grade One	\$50	\$80		
Grade Two	\$50	\$80		
Grade Three	\$50	\$80		
Grade Four	\$50	\$80		
Grade Five	\$50	\$80		
All grades (K-5)	\$280	\$455		

Also suggested for purchase are 12 colorful, 11" x 17" non-tear posters that reinforce the personal/social behaviors expected of students in each grade.



**Subtotal**

If in AZ, CT, CA, MI, NC, or NY enter sales tax rate here:  
 \_\_\_\_\_ (multiply subtotal by this rate & write here). →

If tax exempt, check here  & submit tax exempt certificate with order.

Add 10% shipping and handling

**TOTAL**

Name: \_\_\_\_\_ School District: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ School Name: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ School Address: \_\_\_\_\_  
 e-mail: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ School Phone: \_\_\_\_\_

Method of Payment:  Purchase Order/Check (attached; make checks payable to EPEC)  
 VISA/MC: acct. # \_\_\_\_\_ expiration: \_\_\_\_\_  
 signature \_\_\_\_\_

**Fax order form to: 1-517-347-8145**  
**Call with questions: 1-877-464-3732**  
**For more info: [www.EPEC4kids.com](http://www.EPEC4kids.com)**

Materials will be shipped to your school address. If you would like them shipped to your home address, check here.