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PRESS RELEASE ALERT

Free Fitness Club for Families in Isolation launched by GrowFit

Family business [GrowFit](#) is proactively working to reduce the fear, stress and boredom for parents and children in varying states of isolation by launching free online workouts, games and activities called [Da Fit Club](#).

The Da Fit Club team presents DAILY LIVE INTERACTIVE classes on [FaceBook](#) or [Instagram](#).

This comes as Australian families face the prospect of a new “normal” lifestyle inside, to help the country flatten the curve on COVID-19.

Founder, CEO and Personal Trainer Mike Searson believes that during this unprecedented time in our country and indeed world history, the physical and mental health of our kids and their carers is paramount.

Mike’s message for families and educators:

“I sincerely hope you and your families are safe during these unprecedented times.

I know first-hand how easy it is to get into a negative headspace when the world you have been fighting tooth and nail for so long, comes crashing down around you. So let's come at this LOCKDOWN a different way. Let's take time to play with our kids, not on our phones. Ironically you will need to use a device to participate but we can use our tech for good! Good health, connecting with others and good fun!’

Da Fit Club is a tool to help every parent thrive at a time where most have found themselves suddenly thrust into the role of teacher, teacher’s aide, sports coach and super parent!”

Da Fit Club activities are designed to get parents through each long day with some fun and a little bit of fitness too!

You can watch Da Fit Club LIVE, on your TV, your iPad, computer or even the phone.

In addition to the live feeds, the Da Fit Club offers the option to register to access lots of cool resources designed specifically to keep your kids active at home - during this lockdown and even into the future.

Da Fit Club launch is GrowFit's first foray into online family fitness and it's all free and all fun!

To access this week's schedule simply go to..... 

[DaFitClub Live Virtual Classes Schedule HERE](#)

For program, media or general enquiries please contact Mike Searson at mike@growfit.com.au

About GrowFit

GrowFit provides specialised kids' sports programs within daycare centres, preschools and early learning centres. Our programs are linked with the Early Years Learning Framework, developed by the Australian, state and territory governments with input from the early childhood sector and early childhood academics.

Our mission is to empower children with the tools they need to live a happy and healthy life.

Since our launch in 2011, over 20,000 children have gone through a GrowFit program.

Each of our three programs (Infant Stars, Mini All Stars and All Stars) challenges children's development, through a mixture of play-based and structured games and activities.

We use imagination-based obstacle courses combined with multi-sensory experiences. Children use their imagination while they perform the functional movement exercises needed to improve their coordination, hand-to-eye and general core strength.

GrowFit trainers are qualified and experienced fitness professionals with a minimum of Certificate IV in Fitness and Working With Children Checks. They also undertake extensive in-house training. The GrowFit program is run in over 100 different centres across Sydney every week and reaches around 2,000 children every term.

In 2016, GrowFit won the Australian Small Business Champion Award for Children's Services.

