



Dear Parent,

Fitter Future are delighted to have teamed up with your child's school.

We are on a mission to help improve fitness levels of children across the country and with Fitter Future you now have the tools to do just that.

Fitter Future is completely free to use from home and we encourage 1 workout a day. Workouts last just 8 minutes (KS1) or 10 minutes (KS2) and can be completed in even the smallest of spaces with no equipment needed.

Every time your child completes a workout their class teacher is notified and has the option to print out a personalised certificate as a record of achievement. There are also monthly 'Fitter Family' challenges that encourage adult participation! All at zero cost

For access visit [www.fitterfuture.com](http://www.fitterfuture.com) and click on 'Student'. Your class teacher will have given your child their username and password. If you are unsure of this please either ask your teacher or feel free to contact us directly.

On the site there is no social networking or interaction with any other child. All we need from you is an email address so we can reset your password if it is ever forgotten. There is no obligation for you to share contact details with us for marketing reasons, (although you can do should you wish).

If you have any questions or wish to discuss how your child can use Fitter Future, for free, at home please just give us a call or send us an email. All of our details are below

**WE HOPE YOU ENJOY USING FITTER FUTURE**



**Doug Berlin**  
**Co-Founder of Fitter Future**



FITTER FUTURE, PART OF  
THE CSE FAMILY  
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